

# Rural Alaska Healthy Menus





### **Table of Contents**

| Introduction           | 3  |
|------------------------|----|
| Breakfast Cycle Menu   | 6  |
| Lunch Cycle Menu       | 7  |
| Production Records     | 10 |
| Nutrient Analysis      | 41 |
| Appendix               |    |
| Alternative Menu Ideas | 56 |
| Recipe Resources       | 57 |

### Introduction

Rural Alaska Healthy Menus meet all Healthy Hunger Free Kids Act (HHFKA) menu planning requirements when the menus, recipes, food specifications, production records, and serving practices are followed. The menus are different than many resources developed and distributed in that they are designed to meet the unique needs in rural Alaska. These menus:

- · Highlight recipes using local and traditional Alaska foods
- · Make full use of USDA Foods commonly received in Alaska
- · Limit fresh produce which can be cost prohibitive in many rural Alaskan communities in the winter months

The lunch menus are a 4-week cycle menu and the breakfast is a 2-week cycle menu. There are many benefits to cycle menus at school districts of all sizes:

#### Cycle menus save time and labor costs.

- · Cycle menus save time in gathering information, planning menus, developing specifications, and costing.
- Purchasing procedures are standardized and take less time.
- · As menu items are repeated, staff members become more familiar with the recipes and more efficient in producing them.

#### Cycle menus can help control food costs.

- It is easier to project the correct amount of product to purchase when you have a history of previous production records.
- · Cycle menus make it easier to buy regularly used items in bulk.
- · Cycle menus can take advantage of seasonal foods.

#### Cycle menus reduce storage costs.

· Since cycle menus help project the right amount of product to purchase, they help keep inventory at appropriate levels.

#### Cycle menus reduce food waste.

· As menus are prepared repeatedly, it is easier to project how much of each menu item you will need to make.

#### **Standardized Recipes**

The menu provided uses both standardized recipes as well as USDA Foods. United States Department of Agriculture (USDA) defines a standardized recipe as one that "has been tried, adapted, and retried several times for use by a given foodservice operation and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients".

Using standardized recipes provides many benefits to school nutrition including:

- Consistent food quality—ensures that menu items will be consistent in quality each time they are prepared and served.
- Predictable yield—the planned number of servings will be produced by using standardized recipes. This can help to reduce the amount of leftover food and help to prevent shortages of servings on the line.
- Consistent nutrient content—ensure that nutritional values per serving are valid and consistent.
- Food cost control—provide consistent and accurate information for food cost control because the same ingredients and quantities of ingredients per serving are used each time the recipe is produced.
- Efficient purchasing procedures—purchasing is more efficient because the quantity of food needed for production is easily calculated from the information on each standardized recipe.
- Inventory control—standardized recipes provide predictable information on the quantity of food inventory that will be used each time the recipe is produced.
- Labor cost control—standardized procedures make efficient use of labor time and allow for planned scheduling of foodservice personnel for the work day. Training costs are reduced because new employees are provided specific instructions for preparation in each recipe.

- Increased employee confidence—Employees feel more satisfied and confident in their jobs because standardized recipes eliminate guesswork, decrease the chances of producing poor food products, and prevent shortages of servings during meal service.
- Reduced record keeping—standardized recipes reduce the amount of information required on a daily food production record. The recipes will include the ingredients and amounts of food used for a menu item. The food production record will only need to reference the recipe, number of planned servings, and leftover amounts.

#### Offer versus Serve

Offer versus Serve allows students to decline a portion of the meal so long as the meal still meets USDA requirements:

Breakfast: a student must take at least three of the four food items offered. The food items selected may be from any of the required components and must be offered in at least the minimum daily portion and must include at least ½ cup serving of fruit or vegetable.

Lunch: a student must take at least three of the five food items offered. The food items selected may be from any of the required components and must be offered in at least the minimum daily portion and must include at least ½ cup serving of fruit or vegetable.

### How to Use this Resource

This resource includes a 2-week cycle menu for breakfast and 4-week cycle menu for lunch. While substitutions can be made, it is the responsibility of the food service director to ensure that the changes still meet the USDA requirements for menu compliance including nutrient standards. Because the nutritional requirements are different by age/grade groups, the portion sizes do change. The production records provide detail on the portions to be served by grade.

Manual Resources: The individual production records for this resource can be reprinted for those completing the forms by hand and are all also available in excel format with auto-functions. Please contact Child Nutrition Programs for this version. Also available in excel format is the Menu Certification Worksheets completed for all weeks. These forms can help to determine if changes to the menu are in compliance with the USDA requirements.

Online Resources: The menus have been entered into the PrimeroEdge software system which all Alaska School Food Authorities (SFA) have access to. The cycle menus can be accepted as written and production records, nutrient analysis, and other supporting documentation will automatically be generated. Substitutions to the menu will require that the menus be copied to the local level and then edited. For more information on this process, please see Amigo in the PrimeroEdge software package or contact the PrimeroEdge Help Desk at 866-442-6030 or CustomerCare@primeroedge.com.

#### **Nutrition Standards and Meal Pattern Requirements**

|                             |          | Breakfas | t        |             | Lunch       |           |
|-----------------------------|----------|----------|----------|-------------|-------------|-----------|
| Grades                      | K-5      | 6-8      | 9–12     | K-5         | 6-8         | 9–12      |
| Milk (cups)                 | 5 (1)    | 5 (1)    | 5 (1)    | 5 (1)       | 5 (1)       | 5 (1)     |
| Meat/Meat Alternate (oz eq) | 0        | 0        | 0        | 8-9 (1)     | 9-10 (1)    | 10-12 (2) |
| Whole Grain/Rich (oz eq)    | 7-10 (1) | 8-10 (1) | 9-10 (1) | 8-9 (1)     | 8-10 (1)    | 10-12 (2) |
| Fruit (cups)                | 5 (1)    | 5 (1)    | 5 (1)    | 2 ½ (1/2)   | 2 ½ (1/2)   | 5 (1)     |
| Vegetable (cups)            | 0        | 0        | 0        | 3 3/4 (3/4) | 3 3/4 (3/4) | 5 (1)     |
| Dark Green                  |          |          |          | 1/2         | 1/2         | 1/2       |
| Red/Orange                  |          |          |          | 3/4         | 3/4         | 1 1/4     |
| Legumes                     |          |          |          | 1/2         | 1/2         | 1/2       |
| Starchy                     |          |          |          | 1/2         | 1/2         | 1/2       |
| Other                       |          |          |          | 1/2         | 1/2         | 3/4       |
| Additional                  |          |          |          | 1           | 1           | 1 1/2     |
| Calories                    | 350-500  | 400-600  | 450-600  | 550-650     | 600-700     | 750-850   |
| Sodium                      | ≤430     | ≤470     | ≤500     | ≤640        | ≤710        | ≤740      |

Saturated fat weekly limit < of total calories

Trans-fat < 0.5 grams per serving (excluding naturally occurring trans-fat

## **Breakfast** 2-week Cycle **At-A-Glance**

|        | Monday   | Tuesday   | Wednesday                                  | Thursday  | Friday   |
|--------|--|---|--|---|--|
| Week 1 | Bagel and Cream<br>Cheese, Canned<br>Peaches, Milk           | Blueberry Oat<br>Muffins, Canned<br>Pears, Milk | French Toast Sticks,<br>Applesauce, Milk   | Oatmeal, Raisins,<br>Orange Juice, Milk                                     | Breakfast Burrito,<br>Strawberry Cup,<br>Milk      |
| Week 2 | Honey Nut<br>Cheerios, Mixed<br>Fruit, Milk, Orange<br>Juice | Breakfast Pita,<br>Strawberry Cup,<br>Milk      | Carrot Muffins,<br>Canned Peaches,<br>Milk | Whole Grain Baking Powder Biscuit with Jelly and Butter, Canned Pears, Milk | Pancakes, Syrup<br>and Butter,<br>Applesauce, Milk |

### Breakfast Week 1

| Monday   | Tuesday   | Wedn                                     | esday | Thursday                                | Friday  |
|--|---|--|-------|---|---|
| Bagel and Cream<br>Cheese, Canned<br>Peaches, Milk | Blueberry Oat<br>Muffins, Canned<br>Pears, Milk | French Toast Sticks,<br>Applesauce, Milk |       | Oatmeal, Raisins,<br>Orange Juice, Milk | Breakfast Burrito,<br>Strawberry Cup,<br>Milk |
| Weekly Nutritional Averages                        |   |  |       |   |   |
| Grades   |   |  | K-12  |   |   |
| Calories   |   |  | 461   |   |   |
| % of Total Calories from Sat Fat                   |   |  | 5.86% |   |   |
| Sodium (mg)  |   |  | 420   |   |   |

#### **USDA Food** Milk Orange Juice Peaches (canned) Strawberry Cup Pears (canned) French Toast Sticks Applesauce

### Recipes (See Appendix) **Blueberry Oat Muffins** Oatmeal **Breakfast Burrito**

### Breakfast Week 2

| Monday   | Tuesday                                    | Wedne                                      | esday | Thursday  | Friday   |
|--|--|--|-------|---|--|
| Honey Nut<br>Cheerios, Mixed<br>Fruit, Milk, Orange<br>Juice | Breakfast Pita,<br>Strawberry Cup,<br>Milk | Carrot Muffins,<br>Canned Peaches,<br>Milk |       | Whole Grain Baking Powder Biscuit with Jelly and Butter, Canned Pears, Milk | Pancakes, Syrup<br>and Butter,<br>Applesauce, Milk |
|  | Weekly Nutritional Averages                |  |       |   |  |
| Grades   |  |  | K-12  |   |  |
| Calories   |  |  | 463.5 |   |  |
| % of Total Calories from Sat Fat                             |  |  | 8.83% |   |  |
| Sodium (mg)  |  |  | 479   |   |  |

| USDA I   | Food   |
|--|--|
| Milk<br>Mixed Fruit (canned)<br>Orange Juice<br>Strawberry Cup | Peaches (canned)<br>Pears (canned)<br>Applesauce |

| Recipes                                      | (See Appendix)                       |
|--|--------------------------------------|
| Breakfast Pita<br>Carrot Muffins<br>Pancakes | Whole Grain Baking<br>Powder Biscuit |

## Lunches 4-week Cycle **At-a-Glance**

|        | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|--------|---|--|---|---|--|
| Week 1 | Tuna Fish<br>Sandwich, Potato<br>Wedges, Canned<br>Peaches, Milk                | Chicken Fajita with<br>Cheddar Cheese,<br>Rocking Red Beans,<br>Spanish Brown<br>Rice, Salsa, Mixed<br>Fruit, Milk | Beef Stroganoff<br>with Brown Rice<br>or Noodles, Pizza<br>Green Beans,<br>Strawberry Cup,<br>Milk                        | Baked Halibut,<br>Broccoli, Brown<br>Rice, Canned<br>Pears, Milk                      | Spaghetti and<br>Meat Sauce, Mixed<br>Vegetables, Apple<br>Sauce, Milk       |
| Week 2 | Sweet and Sassy<br>Chicken, Broccoli,<br>Brown Rice,<br>Strawberry Cup,<br>Milk | Sloppy Joes with<br>Baked Beans,<br>Canned Peaches,<br>Milk  | Sweet and Sour<br>Fish Sticks, Corn,<br>Brown Rice,<br>Canned Pears, Milk   | Mac n' Cheese<br>with Broccoli,<br>Carrots, Mixed<br>Fruit, Milk                      | Whole Grain<br>Cheese Pizza,<br>Pizza Green Beans,<br>Applesauce, Milk       |
| Week 3 | Meatloaf,<br>Crushed Hot<br>Potatoes*, Biscuit,<br>Applesauce, Milk             | Baked Halibut,<br>Broccoli, Brown<br>Rice, Canned Pears,<br>Milk   | Chicken Fajita with<br>Cheddar Cheese,<br>Rocking Red Beans,<br>Spanish Brown<br>Rice, Salsa (9-12),<br>Mixed Fruit, Milk | Barbequed<br>Chicken, Sweet<br>Potato Fries,<br>Cornbread,<br>Canned Peaches,<br>Milk | Spaghetti and<br>Meat Sauce,<br>Mixed Vegetables,<br>Strawberry Cup,<br>Milk |
| Week 4 | Sloppy Joes with<br>Baked Beans,<br>Canned Peaches,<br>Milk                     | Mac n' Cheese with<br>Broccoli, Carrots,<br>Mixed Fruit, Milk  | Oven Fried Chicken,<br>Biscuit, Broccoli,<br>Strawberry Cup,<br>Milk  | Sweet and Sour<br>Fish Sticks, Corn,<br>Brown Rice,<br>Canned Pears,<br>Milk          | Whole Grain<br>Cheese Pizza,<br>Pizza Green Beans,<br>Applesauce, Milk       |

### Lunch Week 1

| Monday   | Tuesday   | Wedn   | esday | Thursday   |       | Friday   |
|--|---|--|-------|--|-------|--|
| Tuna Fish<br>Sandwich, Garlicky<br>Baked Fries,<br>Canned Peaches,<br>Milk | Chicken Fajita<br>Strips with Cheddar<br>Cheese, Tortilla,<br>Rocking Red Beans,<br>Spanish Brown<br>Rice, Salsa (9-12),<br>Mixed Fruit, Milk | Beef Stroganoff<br>with Brown Rice<br>or Noodles, Pizza<br>Green Beans,<br>Strawberry Cup,<br>Milk |       | wn Rice Broccoli, Brown Rice, Canned Pears, Milk |       | Spaghetti and<br>Meat Sauce, Mixed<br>Vegetables, Apple<br>Sauce, Milk |
|  | Weekly Nutritional Averages   |  |       |  |       |  |
|  | Grades  |  |       | K-8  |       | 9–12   |
| Calories   |   |  |       | 623  |       | 833  |
| % of Total Calories from Sat Fat   |   |  | 5.38% |  | 5.64% |  |
| Sodium (mg)  |   |  | 765   |  | 890   |  |

| USDA Food            |                       |  |  |  |
|----------------------|-----------------------|--|--|--|
| USDA Direct          |                       |  |  |  |
| Milk                 | Brown Rice            |  |  |  |
| Peaches (canned)     | Chicken Fajita Strips |  |  |  |
| Mixed Fruit (canned) | Applesauce            |  |  |  |
| Strawberry Cup       | Cheddar Cheese        |  |  |  |
| Pears (canned)       | Spaghetti             |  |  |  |
| Green Beans          | Tortillas             |  |  |  |
| Broccoli             |                       |  |  |  |

| Recipes (See Appendix)   |                                    |  |  |  |  |
|--|------------------------------------|--|--|--|--|
| Tuna Fish Sandwich<br>Garlicky Baked Fries<br>Rocking Red Beans<br>Spanish Brown Rice<br>Salsa | Pizza Green Beans<br>Baked Halibut |  |  |  |  |

### Lunch Week 2

| Monday  | esday  | Thursday   |                                      | Friday |  |  |  |  |  |
|---|--|--|--------------------------------------|--------|--|--|--|--|--|
| Sweet and Sassy<br>Chicken, Broccoli,<br>Brown Rice,<br>Strawberry Cup,<br>Milk | Sloppy Joes on a<br>Bun with Baked<br>Beans, Canned<br>Peaches, Milk | Sweet an<br>Fish Stick<br>Brown Ri<br>Canned F<br>Milk | with Broccoli,<br>Ce, Carrots, Mixed |        |  | Whole Grain<br>Cheese Pizza,<br>Pizza Green Beans,<br>Applesauce, Milk |  |  |  |
| Weekly Nutritional Averages   |  |  |                                      |        |  |  |  |  |  |
|   | Grades   |  |                                      | K-8    |  | 9–12   |  |  |  |
|   | Calories   |  | 607                                  |        |  | 792  |  |  |  |
| % of Total  | Calories from Sat Fat  |  |                                      | 7.6%   |  | 6.8%   |  |  |  |
| S   | odium (mg)   |  |                                      | 727    |  | 849  |  |  |  |

| USE   | OA Food   |
|---|---|
| Milk Applesauce Strawberry Cup Peaches (canned) Pears (canned) Mixed Fruit (canned) | Brown Rice<br>Corn<br>Broccoli<br>Green Beans<br>Whole Grain Cheese Pizza |

| <b>Recipes</b> (S  | See Appendix)  |
|--|--|
| Sweet & Sassy Chicken<br>Brown Rice<br>Sloppy Joes on a Bun<br>Baked Beans | Sweet and Sour<br>Fish Sticks<br>Mac n' Cheese w/Broccoli<br>Pizza Green Beans |

### Lunch Week 3

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |  |  |  |  |  |  |
|--|--|--|---|--|--|--|--|--|--|--|
| Meatloaf,<br>Crushed Hot<br>Potatoes, Biscuit,<br>Applesauce, Milk | Baked Halibut,<br>Broccoli, Brown<br>Rice, Canned<br>Pears, Milk | Chicken Fajita Strips with Cheddar Cheese, Tortilla Rocking Red Beans, Spanish Brown Rice, Salsa (9-12), Mixed Fruit, Milk | Barbequed<br>Chicken,<br>Cornbread, Sweet<br>Potato Fries,<br>Canned Peaches,<br>Milk | Spaghetti and<br>Meat Sauce,<br>Mixed Vegetables,<br>Strawberry Cup,<br>Milk |  |  |  |  |  |  |
| Weekly Nutritional Averages  |  |  |   |  |  |  |  |  |  |  |
|  | Grades   |  | K-8   | 9–12   |  |  |  |  |  |  |
|  | Calories   |  | 644   | 827  |  |  |  |  |  |  |
| % of Total   | Calories from Sat Fat  |  | 6.45%   | 6.24%  |  |  |  |  |  |  |
| S  | odium (mg)   |  | 835   | 978  |  |  |  |  |  |  |

| USDA Food            |                       |  |  |  |  |  |  |  |  |
|----------------------|-----------------------|--|--|--|--|--|--|--|--|
| Milk                 | Brown Rice            |  |  |  |  |  |  |  |  |
| Applesauce           | Chicken Fajita Strips |  |  |  |  |  |  |  |  |
| Pears (canned)       | Cheddar Cheese        |  |  |  |  |  |  |  |  |
| Mixed Fruit (canned) | Spaghetti             |  |  |  |  |  |  |  |  |
| Peaches (canned)     | Tortilla              |  |  |  |  |  |  |  |  |
| Strawberry Cup       | Sweet Potato Fries    |  |  |  |  |  |  |  |  |

| <b>Recipes</b> (See  | Appendix)          |
|----------------------|--------------------|
| Meatloaf             | Spanish Brown Rice |
| Crushed Hot Potatoes | Salsa              |
| Bisquit              | Barbequed Chicken  |
| Baked Halibut        | Cornbread          |
| Brown Rice           | Spaghetti and Meat |
| Rocking Red Beans    | Sauce              |

### Lunch Week 4

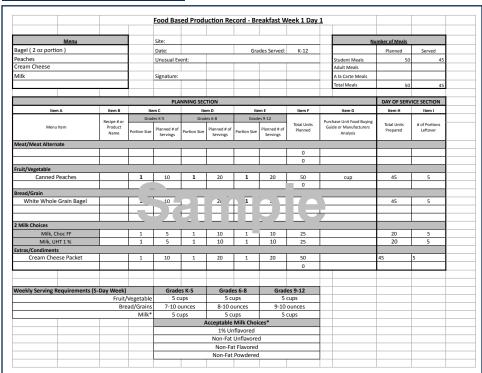
| Monday   | Tuesday  | esday   | Thursday | Friday  |  |  |  |  |  |  |
|--|--|---|----------|---|--|--|--|--|--|--|
| Sloppy Joes on a<br>Bun with Baked<br>Beans, Canned<br>Peaches, Milk | Mac n' Cheese<br>with Broccoli,<br>Carrots, Mixed<br>Fruit, Milk | Oven Frie<br>Chicken,<br>Biscuit, B<br>Strawber<br>Milk | roccoli, | Sweet and Sour<br>Fish Sticks,<br>Brown Rice, Corr<br>Canned Pears,<br>Milk | Whole Grain<br>Cheese Pizza,<br>n, Pizza Green Beans<br>Applesauce, Milk |  |  |  |  |  |
| Weekly Nutritional Averages  |  |   |          |   |  |  |  |  |  |  |
|  | Grades   |   |          | K-8   | 9–12   |  |  |  |  |  |
|  | Calories   |   |          | 626   | 777  |  |  |  |  |  |
| % of Total   | Calories from Sat Fat  |   |          | 8.39%   | 7.59%  |  |  |  |  |  |
| So   | odium (mg)   |   |          | 753   | 868  |  |  |  |  |  |

| USDA Food            |                          |  |  |  |  |  |  |  |  |
|----------------------|--------------------------|--|--|--|--|--|--|--|--|
| Milk                 | Applesauce               |  |  |  |  |  |  |  |  |
| Peaches (canned)     | Broccoli                 |  |  |  |  |  |  |  |  |
| Mixed Fruit (canned) | Corn                     |  |  |  |  |  |  |  |  |
| Strawberry Cup       | Green Beans              |  |  |  |  |  |  |  |  |
| Pears (canned)       | Whole Grain Cheese Pizza |  |  |  |  |  |  |  |  |

| <b>Recipes</b> (See Appendix)  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|
| Sloppy Joes on a Bun<br>Baked Beans<br>Mac n' Cheese with Broccol<br>Oven Fried Chicken<br>Biscuit | Sweet and Sour<br>Fish Sticks<br>i Brown Rice<br>Pizza Green Beans |  |  |  |  |  |  |  |  |

### **Food Based Production Records**

### Breakfast Sample



### Lunch Sample

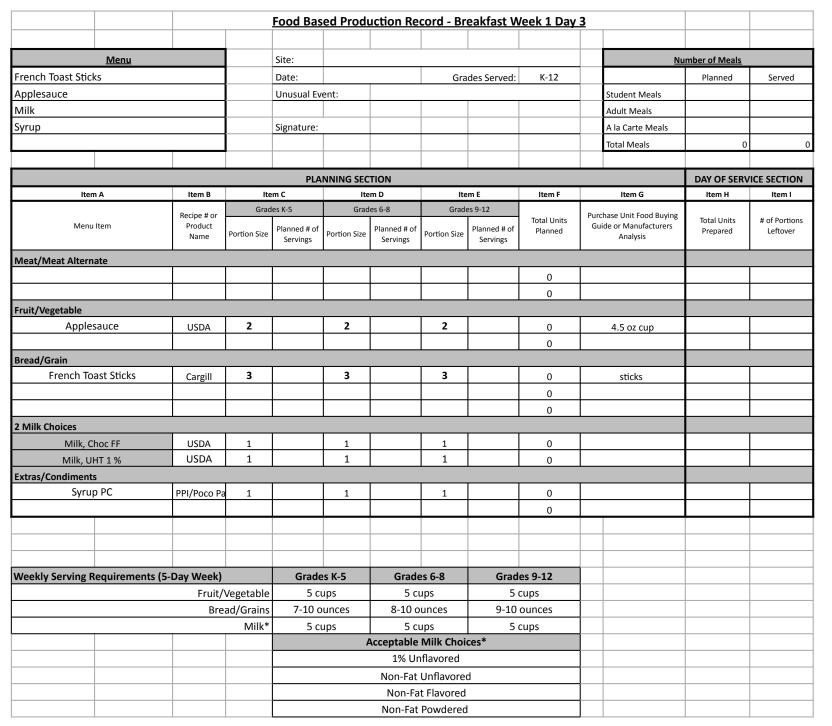
| Size   Date    |  |  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Date:   Grades Served:   K-12   Clansual Event:   Grades Served:   K-12   Student Meals   100   Anut Meals | Food Based Production Record - Example |  |  |  |  |  |  |  |  |  |  |  |
| Date:   Grades Served:   K-12   Unusual Event:   Unusual Event:   Unusual Event:   Squature:   Squat |  |  |  |  |  |  |  |  |  |  |  |  |
| Dotato Wedges   Canned Peaches   Signature:   Signature | Served                                 |  |  |  |  |  |  |  |  |  |  |  |
| Addit Meals   A la Carte Meals   Doubt Mea | Served 90                              |  |  |  |  |  |  |  |  |  |  |  |
| Milk   Signature:   A la Carte Meals   100   | 90                                     |  |  |  |  |  |  |  |  |  |  |  |
| DAY OF SERVICE   DAY  |  |  |  |  |  |  |  |  |  |  |  |  |
| Name   | 90                                     |  |  |  |  |  |  |  |  |  |  |  |
| Name    |  |  |  |  |  |  |  |  |  |  |  |  |
| Meanu term   | E SECTION<br>Item I                    |  |  |  |  |  |  |  |  |  |  |  |
| Name   | item i                                 |  |  |  |  |  |  |  |  |  |  |  |
| Tuna Fish Sandwich   | # of Portions<br>Leftover              |  |  |  |  |  |  |  |  |  |  |  |
| Tuna Fish Sandwich 1 25 1 25 1 50 100 1 sandwich 100  Fruit  Canned Peaches 1/2 25 1/2 25 1 50 75 cup 75  Vegetable  Starchy Potato 3/4 25 3/4 25 1 50 871/2 cup 87.5  Bread/Grain  (Sandwich bread) 0 0 87.5  Bread/Grain  (Sandwich bread) 1 15 1 5 1 25 55 5 55  Milk Choic, FF 1 15 1 15 1 25 45 45 45  Extracy/Condiments  Weekly Serving Requirements (5-Day Week) Grades K-5 Grades 6-8 Grades 9-12  Fruit 276 cups 276 cups 5 cups  Weekly Serving Requirements (5-Day Week) Sorrey 8 cup 8 cups  Bread/Grain  Weekly Serving Requirements (5-Day Week) Sorrey 8 cup 8 cups  Bread/Grain 8 cup 8 cup 8 cup  Bread/Grain 8 cup 8 cup 8 cup  Bread/Grain 8 cup 8 cup 8 cup  Additional Vegetables to Reach Total 1 cup 1 cup 1 1x cups  Grains 8-9 ounces 8-10 cunces  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruit  | 10                                     |  |  |  |  |  |  |  |  |  |  |  |
| Canned Peaches   |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable   Starchy   Potato   3/4   25   3/4   25   1   50   871/2   cup   87.5   |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable           Starchy         Potato         3/4         25         3/4         25         1         50         871/2         cup         87.5           Bread/Grain<br>((Sandwich bread))         0         45         1         45         5         6   | 5                                      |  |  |  |  |  |  |  |  |  |  |  |
| Starchy  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bread/Grain  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bread/Grain  | 5                                      |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Candwich bread   Cand |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Candwich bread   |  |  |  |  |  |  |  |  |  |  |  |  |
| Nilk Choices   |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 Milk Choices   |  |  |  |  |  |  |  |  |  |  |  |  |
| Milk Choc, FF  |  |  |  |  |  |  |  |  |  |  |  |  |
| Milk, UHT 1%   |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 5                                      |  |  |  |  |  |  |  |  |  |  |  |
|  | 5                                      |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Weekly Serving Requirements (5-Day Week)         Grades K-5         Grades 6-8         Grades 9-12           Fruit         2½ cups         2½ cups         5 cups           Vegetables         3½ cups         3½ cups         5 cups           Dark Green         ½ cup         ½ cup         ½ cup           Red/Orange         ½ cup         ½ cup         ½ cup           Beans/Peas (Legumes)         ½ cup         ½ cup         ½ cup           Starchy         ½ cup         ½ cup         ½ cup           Other         ½ cup         ½ cup         ½ cup           Additional Vegetables to Reach Total         1 cup         1 cup         1 ½ cups           Grains         8-9 ounces         8-10 ounces         10-12 ounces  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruit   2½ cups   2½ cups   5 cups   |  |  |  |  |  |  |  |  |  |  |  |  |
| Pruit   2½ cups   2½ cups   5 cups   |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruit  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetables   |  |  |  |  |  |  |  |  |  |  |  |  |
| Red/Orange         % cup         % cup         1 % cups           Beans/Peas (legumes)         % cup         % cup         % cup           Starchy         % cup         % cup         % cup           Other         % cup         % cup         % cup           Additional Vegetables to Reach Total         1 cup         1 xup         1 xups           Grains         8-9 ounces         8-10 ounces         10-12 ounces  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Starchy         ½ cup         ½ cup         ½ cup           Other         ½ cup         ½ cup         ½ cup           Additional Vegetables to Reach Total         1 cup         1 cup         1 ½ cups           Grains         8-9 ounces         8-10 ounces         10-12 ounces   |  |  |  |  |  |  |  |  |  |  |  |  |
| Other         ½ cup         ½ cup         ½ cup           Additional Vegetables to Reach Total         1 cup         1 l. cup         1 l. vups           Grains         8-9 ounces         8-10 ounces         10-12 ounces   |  |  |  |  |  |  |  |  |  |  |  |  |
| Additional Vegetables to Reach Total         1 cup         1 cup         1 ½ cups           Grains         8-9 ounces         8-10 ounces         10-12 ounces   |  |  |  |  |  |  |  |  |  |  |  |  |
| Grains 8-9 ounces 8-10 ounces 10-12 ounces   |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Milk*         5 cups         5 cups           Acceptable Milk Choices*   |  |  |  |  |  |  |  |  |  |  |  |  |
| 1% Unitavored  |  |  |  |  |  |  |  |  |  |  |  |  |
| Non-Fat Unflavored   |  |  |  |  |  |  |  |  |  |  |  |  |
| Non-Fat Flavored   |  |  |  |  |  |  |  |  |  |  |  |  |
| Non-Fat Powdered   |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |            |                 | Food Based Production Record - Breakfast Week 1 Day 1 |                          |                          |                          |              |                          |                        |          |                                 |                         |                           |
|--|------------|-----------------|---|--------------------------|--------------------------|--------------------------|--------------|--------------------------|------------------------|----------|---------------------------------|-------------------------|---------------------------|
|  |            |                 |   |                          |                          |                          |              |                          |                        |          |                                 |                         |                           |
|  | Menu       |                 |   | Site:                    |                          |                          |              |                          | Nu                     |          | umber of Meals                  |                         |                           |
| Bagel ( 2 oz portio                      | on )       |                 |   | Date:                    |                          |                          | Gra          | des Served:              | K-12                   |          |                                 | Planned                 | Served                    |
| Peaches                                  |            |                 |   | Unusual Ev               | ent:                     |                          |              |                          |                        |          | Student Meals                   |                         |                           |
| Cream Cheese                             |            |                 |   |                          |                          |                          |              |                          |                        |          | Adult Meals                     |                         |                           |
| Milk                                     |            |                 |   | Signature:               |                          |                          |              |                          |                        |          | A la Carte Meals                |                         |                           |
|  |            |                 |   |                          |                          |                          |              |                          |                        |          | Total Meals                     | 0                       | 0                         |
|  |            |                 |   |                          |                          |                          |              |                          |                        |          |                                 |                         |                           |
|  |            |                 |   | PLA                      | NNING SEC                | TION                     |              |                          |                        |          |                                 | DAY OF SERV             | ICE SECTION               |
| Iten                                     | ı A        | Item B          | Ite   | em C                     | Ite                      | m D                      | Ite          | m E                      | Item F                 |          | Item G                          | Item H                  | Item I                    |
|  |            | Recipe # or     | Grad  | les K-5                  | Grad                     | es 6-8                   | Grade        | es 9-12                  |                        | Purc     | hase Unit Food Buying           |                         |                           |
| Menu                                     | Item       | Product<br>Name | Portion Size  | Planned # of<br>Servings | Portion Size             | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned |          | de or Manufacturers<br>Analysis | Total Units<br>Prepared | # of Portions<br>Leftover |
| Meat/Meat Altern                         | ate        |                 |   |                          |                          |                          |              |                          |                        |          |                                 |                         |                           |
|  |            |                 |   |                          |                          |                          |              |                          | 0                      |          |                                 |                         |                           |
|  |            |                 |   |                          |                          |                          |              |                          | 0                      |          |                                 |                         |                           |
| Fruit/Vegetable                          |            |                 |   |                          |                          |                          |              |                          |                        |          |                                 |                         |                           |
|  |            | 100219          | 1   |                          | 1                        |                          | 1            |                          | 0                      | cup      |                                 |                         |                           |
|  |            |                 |   |                          |                          |                          |              |                          | 0                      |          |                                 |                         |                           |
| Bread/Grain                              |            |                 |   |                          |                          |                          |              |                          |                        |          |                                 |                         |                           |
| White Whole Grain Bagel                  |            | Lenders         | 1   |                          | 1                        |                          | 1            |                          | 0                      | 57 grams |                                 |                         |                           |
|  |            |                 |   |                          |                          |                          |              |                          | 0                      |          |                                 |                         |                           |
|  |            |                 |   |                          |                          |                          |              |                          | 0                      |          |                                 |                         |                           |
| 2 Milk Choices                           |            |                 |   |                          |                          |                          |              |                          |                        |          |                                 |                         |                           |
| Milk, C                                  | hoc FF     | USDA            | 1   |                          | 1                        |                          | 1            |                          | 0                      |          |                                 |                         |                           |
| Milk, UI                                 | HT 1 %     | USDA            | 1   |                          | 1                        |                          | 1            |                          | 0                      |          |                                 |                         |                           |
| Extras/Condiment                         | 5          |                 |   |                          |                          |                          |              |                          |                        |          |                                 |                         |                           |
| Cream Che                                | ese Packet | Philadelph      | 1   |                          | 1                        |                          | 1            |                          | 0                      | 2        | 8 gram packet                   |                         |                           |
|  |            |                 |   |                          |                          |                          |              |                          | 0                      |          |                                 |                         |                           |
|  |            |                 |   |                          |                          |                          |              |                          |                        |          |                                 |                         |                           |
|  |            |                 |   |                          |                          |                          |              |                          |                        |          |                                 |                         |                           |
|  |            |                 |   |                          |                          |                          |              |                          |                        |          |                                 |                         |                           |
| Weekly Serving Requirements (5-Day Week) |            |                 | Grade   | s K-5                    | Grade                    | es 6-8                   | Grad         | es 9-12                  |                        |          |                                 |                         |                           |
| Fruit/Vegetable                          |            |                 | 5 cı  | •                        | 5 cı                     | ıps                      | 5 (          | cups                     |                        |          |                                 |                         |                           |
| Bread/Grains                             |            |                 |   |                          | 8-10 o                   |                          |              | ounces                   |                        |          |                                 |                         |                           |
|  |            |                 | Milk*   | 5 cı                     |                          | 5 cւ                     |              |                          | cups                   |          |                                 |                         |                           |
|  |            |                 |   |                          | Acceptable Milk Choices* |                          |              |                          |                        |          |                                 |                         |                           |
|  |            |                 |   |                          |                          |                          | ıflavored    | _                        |                        |          |                                 |                         |                           |
|  |            |                 |   |                          |                          |                          | Unflavored   | d                        |                        |          |                                 |                         |                           |
|  |            |                 |   |                          |                          |                          | t Flavored   |                          |                        |          |                                 |                         |                           |
|  |            |                 | 1   | I                        |                          | Non-Fat                  | Powdered     |                          |                        | i l      |                                 |                         |                           |





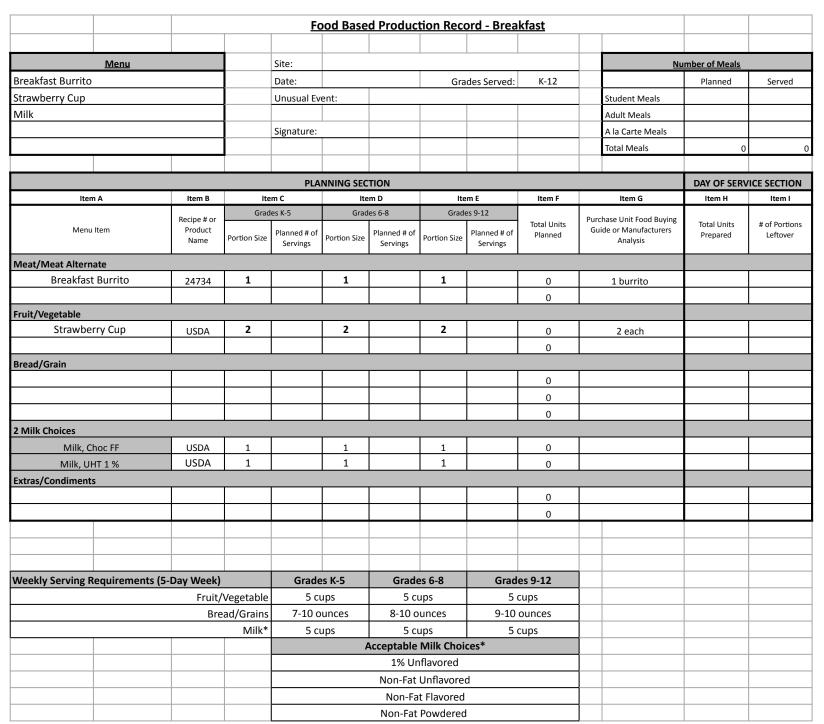
| Food Based Production Record - Breakfast Week 1 Day 2 |           |                 |              |                          |                          |                          |              |                          |                        |               |                                 |                         |                           |
|---|-----------|-----------------|--------------|--------------------------|--------------------------|--------------------------|--------------|--------------------------|------------------------|---------------|---------------------------------|-------------------------|---------------------------|
|   |           |                 |              | roou bas                 | <u>eu Fiout</u>          | LECTION RE               | COIG - BI    | eakiast vi               | CER I Day              | <u> </u>      |                                 |                         |                           |
|   | Menu      |                 |              | Site:                    |                          |                          |              |                          |                        |               | Nu                              | mber of Meals           |                           |
| Bluebery Oat Mu                                       |           | on )            |              | Date:                    |                          |                          | Gra          | des Served:              | K-12                   |               | 140                             | Planned                 | Served                    |
| Canned Pears  |           | i               | Unusual Ev   | ent:                     |                          | Gia                      | acs servea.  | K 12                     |                        | Student Meals | riamica                         | Served                  |                           |
| Butter  |           |                 | ĺ            | 0114544121               |                          |                          |              |                          |                        |               | Adult Meals                     |                         |                           |
| Milk  |           |                 |              | Signature:               |                          |                          |              |                          |                        |               | A la Carte Meals                |                         |                           |
|   |           |                 |              |                          |                          |                          |              |                          |                        |               | Total Meals                     | 0                       | 0                         |
|   |           |                 |              |                          |                          |                          |              |                          |                        |               |                                 |                         |                           |
|   |           |                 |              | PLA                      | NNING SEC                | TION                     |              |                          |                        |               |                                 | DAY OF SERV             | ICE SECTION               |
| Iten  | ı A       | Item B          | Ite          | m C                      | Ite                      | em D                     | Ite          | m E                      | Item F                 |               | Item G                          | Item H                  | Item I                    |
|   |           | Recipe # or     | Grad         | les K-5                  | Grad                     | les 6-8                  | Grade        | es 9-12                  |                        | Purc          | hase Unit Food Buying           |                         |                           |
| Menu  | ltem      | Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size             | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned |               | de or Manufacturers<br>Analysis | Total Units<br>Prepared | # of Portions<br>Leftover |
| Meat/Meat Altern                                      | ate       |                 |              |                          |                          |                          |              |                          |                        |               |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          |              |                          | 0                      |               |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          |              |                          | 0                      |               |                                 |                         |                           |
| Fruit/Vegetable                                       |           |                 | •            |                          |                          |                          |              |                          |                        |               |                                 |                         |                           |
| Canned Pears USDA                                     |           | USDA            | 1            |                          | 1                        |                          | 1            |                          | 0                      | cup           |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          |              |                          | 0                      |               |                                 |                         |                           |
| Bread/Grain   |           |                 |              |                          |                          |                          |              |                          |                        |               |                                 |                         |                           |
| Blueberry Oat Muffins R                               |           | Recipe          | 1            |                          | 1                        |                          | 1            |                          | 0                      | 1 oz portion  |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          |              |                          | 0                      |               |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          |              |                          | 0                      |               |                                 |                         |                           |
| 2 Milk Choices  |           |                 |              |                          |                          |                          |              |                          |                        |               |                                 |                         |                           |
| Milk, C   | noc FF    | USDA            | 1            |                          | 1                        |                          | 1            |                          | 0                      |               |                                 |                         |                           |
| Milk, U   | HT 1%     | USDA            | 1            |                          | 1                        |                          | 1            |                          | 0                      |               |                                 |                         |                           |
| Extras/Condiment                                      | i         |                 |              |                          |                          |                          |              |                          |                        |               |                                 |                         |                           |
| Whipped B   | ut-R-Cups | Land O Lake     | 1            |                          | 1                        |                          | 1            |                          | 0                      |               |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          |              |                          | 0                      |               |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          |              |                          |                        |               |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          |              |                          |                        |               |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          |              |                          |                        |               |                                 |                         |                           |
| Weekly Serving Requirements (5-Day Week)              |           |                 | Grade        |                          | Grade                    |                          |              | es 9-12                  |                        |               |                                 |                         |                           |
| Fruit/Vegetable                                       |           |                 | 5 cı         | -                        | 5 cı                     |                          |              | cups                     |                        |               |                                 |                         |                           |
| Bread/Grains  |           |                 |              | 7-10 o                   |                          | 8-10 o                   |              |                          | ounces                 |               |                                 |                         |                           |
|   |           |                 | Milk*        | 5 cı                     | 5 cups 5 cups            |                          |              |                          | cups                   |               |                                 |                         |                           |
|   |           |                 |              |                          | Acceptable Milk Choices* |                          |              |                          |                        |               |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          | iflavored    |                          |                        |               |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          | Unflavored   |                          |                        |               |                                 |                         |                           |
|   |           |                 |              |                          |                          |                          | t Flavored   |                          |                        |               |                                 |                         |                           |
|   |           | 1               | 1            | ı                        |                          | Non-Fat                  | Powdered     |                          |                        | 1             |                                 |                         |                           |







|                  |                 |                                |              | Food Pos                 | ad Dradi     | ustion Bo                | cord Dr      | nakfast M                | eek 1 Day              | 1        |  |                         |                           |
|------------------|-----------------|--------------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|----------|--|-------------------------|---------------------------|
|                  |                 |                                |              | ruuu bas                 | eu Proui     | LCLIOII RE               | LOIU - BI    | eakiast vv               | eek 1 Day              | <u>4</u> |  |                         |                           |
|                  |                 |                                |              | a                        |              |                          |              |                          |                        |          |  |                         |                           |
|                  | <u>Menu</u>     |                                |              | Site:                    |              |                          |              |                          |                        | -        | <u>Nu</u>  | mber of Meals           |                           |
| Datmeal          |                 |                                |              | Date:                    |              |                          | Gra          | des Served:              | K-12                   | -        |  | Planned                 | Served                    |
| Raisins          |                 |                                |              | Unusual Ev               | ent:         |                          |              |                          |                        |          | Student Meals  |                         |                           |
| Orange Juice     |                 |                                |              |                          |              |                          |              |                          |                        |          | Adult Meals  |                         |                           |
| Milk             |                 |                                |              | Signature:               |              |                          |              |                          |                        | -        | A la Carte Meals   |                         |                           |
|                  |                 |                                |              |                          |              |                          |              |                          |                        | -        | Total Meals  | 0                       | 0                         |
|                  |                 |                                |              |                          |              |                          |              |                          |                        |          |  |                         |                           |
|                  |                 |                                |              |                          | NNING SEC    |                          |              |                          |                        |          |  | DAY OF SERV             |                           |
| Iten             | n A             | Item B                         |              | m C<br>es K-5            |              | em D<br>les 6-8          |              | m E<br>es 9-12           | Item F                 |          | Item G   | Item H                  | Item I                    |
| Menu             | Item            | Recipe # or<br>Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned |          | nase Unit Food Buying<br>de or Manufacturers<br>Analysis | Total Units<br>Prepared | # of Portions<br>Leftover |
| Meat/Meat Altern | ate             |                                |              |                          |              |                          |              |                          |                        |          |  |                         |                           |
|                  |                 |                                |              |                          |              |                          |              |                          | 0                      | Τ        |  |                         |                           |
|                  |                 |                                |              |                          |              |                          |              |                          | 0                      |          |  |                         |                           |
| ruit/Vegetable   |                 |                                |              |                          |              |                          |              |                          | -                      |          |  |                         |                           |
| Rais             | ins             | 903341                         | 1/4          |                          | 1/4          |                          | 1/4          |                          | 0                      | Π        | cup  |                         |                           |
| Orange           | Juice           | USDA                           | 1/2          |                          | 1/2          |                          | 1/2          |                          | 0                      |          | cup  |                         |                           |
| Bread/Grain      |                 |                                |              |                          |              |                          |              |                          |                        |          | ·  |                         |                           |
| Oatn             | neal            | Recipe                         | 3/4          |                          | 3/4          |                          | 3/4          |                          | 0                      |          | cup  |                         |                           |
|                  |                 |                                |              |                          |              |                          |              |                          | 0                      |          |  |                         |                           |
|                  |                 |                                |              |                          |              |                          |              |                          | 0                      |          |  |                         |                           |
| Milk Choices     |                 |                                |              |                          |              |                          |              |                          |                        |          |  |                         |                           |
| Milk, C          | hoc FF          | USDA                           | 1            |                          | 1            |                          | 1            |                          | 0                      |          |  |                         |                           |
| Milk, UI         | HT 1 %          | USDA                           | 1            |                          | 1            |                          | 1            |                          | 0                      |          |  |                         |                           |
| xtras/Condiments | s               |                                |              |                          |              |                          |              |                          |                        |          |  |                         |                           |
|                  |                 |                                |              |                          |              |                          |              |                          | 0                      |          |  |                         |                           |
|                  |                 |                                |              |                          |              |                          |              |                          | 0                      |          |  |                         |                           |
|                  |                 |                                |              |                          |              |                          |              |                          |                        |          |  |                         |                           |
|                  |                 |                                |              |                          |              |                          |              |                          |                        |          |  |                         |                           |
|                  |                 |                                |              |                          |              |                          |              |                          |                        |          |  |                         |                           |
| Veekly Serving R | equirements (5- | -Day Week)                     |              | Grade                    | es K-5       | Grade                    | es 6-8       | Grad                     | es 9-12                |          |  |                         |                           |
|                  |                 |                                | Vegetable    | 5 cı                     |              | 5 cւ                     |              |                          | cups                   |          |  |                         |                           |
|                  |                 | Bre                            | ad/Grains    | 7-10 o                   |              | 8-10 o                   |              |                          | ounces                 |          |  |                         |                           |
|                  |                 |                                | Milk*        | 5 cı                     |              | 5 cı                     |              |                          | cups                   |          |  |                         |                           |
|                  |                 |                                |              |                          | ı            | Acceptable               |              | ces*                     |                        |          |  |                         |                           |
|                  |                 |                                |              |                          |              |                          | flavored     |                          |                        |          |  |                         |                           |
|                  |                 |                                |              |                          |              |                          | Unflavored   | k                        |                        |          |  |                         |                           |
|                  |                 |                                |              |                          |              |                          | t Flavored   |                          |                        |          |  |                         |                           |
|                  |                 |                                |              |                          |              | Non-Fat                  | Powdered     |                          |                        | 1        |  |                         | (                         |







|                   |                 |                 |              | Food Bas                 | ed Produ     | uction Re                | cord - Br    | eakfast W                | /eek 2 Day             | 1    |                                 |                         |                           |
|-------------------|-----------------|-----------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|------|---------------------------------|-------------------------|---------------------------|
|                   |                 |                 |              |                          |              |                          |              |                          |                        |      |                                 |                         |                           |
|                   | <u>Menu</u>     |                 |              | Site:                    |              |                          |              |                          |                        |      | <u>Nu</u>                       | mber of Meals           |                           |
| Honey Nut Cheer   | ios             |                 |              | Date:                    |              |                          | Gra          | des Served:              | K-12                   |      |                                 | Planned                 | Served                    |
| Mixed Fruit       |                 |                 |              | Unusual Ev               | ent:         |                          |              |                          |                        |      | Student Meals                   |                         |                           |
| Orange Juice      |                 |                 |              |                          |              |                          |              |                          |                        |      | Adult Meals                     |                         |                           |
| Milk              |                 |                 |              | Signature:               |              |                          |              |                          |                        |      | A la Carte Meals                |                         |                           |
|                   |                 |                 |              |                          |              |                          |              |                          |                        |      | Total Meals                     | 0                       | 0                         |
|                   |                 |                 |              |                          |              |                          |              |                          |                        |      |                                 |                         |                           |
|                   |                 |                 |              | PLA                      | NNING SEC    | TION                     |              |                          |                        |      |                                 | DAY OF SERV             | ICE SECTION               |
| Iten              | n A             | Item B          | Ite          | m C                      | Ite          | m D                      | Ite          | m E                      | Item F                 |      | Item G                          | Item H                  | ltem I                    |
|                   |                 | Recipe # or     | Grad         | es K-5                   | Grad         | es 6-8                   | Grade        | es 9-12                  |                        | Purc | hase Unit Food Buying           |                         |                           |
| Menu              | Item            | Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned |      | de or Manufacturers<br>Analysis | Total Units<br>Prepared | # of Portions<br>Leftover |
| Meat/Meat Altern  | ate             |                 |              |                          |              |                          |              |                          |                        |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              |                          |              |                          | 0                      |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              |                          |              |                          | 0                      |      |                                 |                         |                           |
| Fruit/Vegetable   |                 |                 |              |                          |              |                          |              |                          |                        |      |                                 |                         |                           |
| Mixed             | Fruit           | USDA            | 1            |                          | 1            |                          | 1            |                          | 0                      |      | cup                             |                         |                           |
| Orange            | · Juice         | USDA            | 1/2          |                          | 1/2          |                          | 1/2          |                          | 0                      |      | cup                             |                         |                           |
| Bread/Grain       |                 |                 |              |                          |              |                          |              |                          |                        |      |                                 |                         |                           |
| Honey Nut         | Cheerios        | Cheerios        | 1 1/4        |                          | 1 1/4        |                          | 1 1/4        |                          | 0                      |      | cup                             |                         |                           |
|                   |                 |                 |              |                          |              |                          |              |                          | 0                      |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              |                          |              |                          | 0                      |      |                                 |                         |                           |
| 2 Milk Choices    |                 |                 |              |                          |              |                          |              |                          |                        |      |                                 |                         |                           |
| Milk, C           | hoc FF          | USDA            | 1            |                          | 1            |                          | 1            |                          | 0                      |      |                                 |                         |                           |
| Milk, UI          | HT 1 %          | USDA            | 1            |                          | 1            |                          | 1            |                          | 0                      |      |                                 |                         |                           |
| Extras/Condiments | s               |                 |              |                          |              |                          |              |                          |                        |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              |                          |              |                          | 0                      |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              |                          |              |                          | 0                      |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              |                          |              |                          |                        |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              |                          |              |                          |                        |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              |                          |              |                          |                        |      |                                 |                         |                           |
| Weekly Serving R  | Requirements (5 | -Day Week)      |              | Grade                    | s K-5        | Grade                    | es 6-8       | Grad                     | es 9-12                |      |                                 |                         |                           |
|                   |                 | Fruit/          | Vegetable    | 5 cւ                     | ıps          | 5 cı                     | ıps          | 5                        | cups                   |      |                                 |                         |                           |
|                   |                 | Bre             | ad/Grains    | 7-10 o                   | unces        | 8-10 o                   | unces        | 9-10                     | ounces                 |      |                                 |                         |                           |
|                   |                 |                 | Milk*        | 5 cı                     |              | 5 cı                     |              |                          | cups                   | _    |                                 |                         |                           |
|                   |                 |                 |              |                          | , and a      | Acceptable               |              | ces*                     |                        |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              |                          | ıflavored    |                          |                        |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              |                          | Unflavored   | t                        |                        |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              |                          | t Flavored   |                          |                        |      |                                 |                         |                           |
|                   |                 |                 |              |                          |              | Non-Fat                  | Powdered     |                          |                        |      |                                 |                         |                           |

|                  |              |                 |              | Food Bas                 | ed Prod       | uction Re                | cord - Br    | eakfast W                | eek 2 Day              | 2    |                                  |                         |                           |
|------------------|--------------|-----------------|--------------|--------------------------|---------------|--------------------------|--------------|--------------------------|------------------------|------|----------------------------------|-------------------------|---------------------------|
|                  |              |                 |              |                          |               |                          |              |                          |                        |      |                                  |                         |                           |
|                  | <u>Menu</u>  |                 |              | Site:                    |               |                          |              |                          |                        |      | <u>Nu</u>                        | mber of Meals           |                           |
| Breakfast Pita   |              |                 |              | Date:                    |               |                          | Gra          | des Served:              | K-12                   | _    |                                  | Planned                 | Served                    |
| Strawberry Cup   |              |                 |              | Unusual Ev               | ent:          |                          |              |                          |                        | _    | Student Meals                    |                         |                           |
| Milk             |              |                 |              |                          |               |                          |              |                          |                        |      | Adult Meals                      |                         |                           |
|                  |              |                 |              | Signature:               |               |                          |              |                          |                        |      | A la Carte Meals                 |                         |                           |
|                  | _            |                 |              |                          |               |                          |              |                          |                        |      | Total Meals                      | 0                       | 0                         |
|                  |              |                 |              |                          |               |                          |              |                          |                        |      |                                  |                         |                           |
|                  |              |                 |              | PLA                      | NNING SEC     | TION                     |              |                          |                        |      |                                  | DAY OF SERV             | ICE SECTION               |
| Ite              | m A          | Item B          | Ite          | em C                     | Ite           | em D                     | Ite          | m E                      | Item F                 |      | Item G                           | Item H                  | Item I                    |
|                  |              | Recipe # or     | Grad         | les K-5                  | Grad          | les 6-8                  | Grade        | es 9-12                  | Tabal I Indian         | Purc | hase Unit Food Buying            | Tabal Haika             | # -f D+i                  |
| Menu             | ı Item       | Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size  | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Gui  | ide or Manufacturers<br>Analysis | Total Units<br>Prepared | # of Portions<br>Leftover |
| Meat/Meat Alterr | nate         |                 |              |                          |               |                          |              |                          |                        |      |                                  |                         |                           |
| Breakf           |              | Recipe          | 1            |                          | 1             |                          | 1            |                          | 0                      | 1/2  | of pita= 1 portion               |                         |                           |
|                  |              |                 |              |                          |               |                          |              |                          | 0                      |      | ·                                |                         |                           |
| Fruit/Vegetable  |              |                 |              |                          |               |                          |              |                          |                        |      |                                  |                         |                           |
| Strawbe          | erry Cup     | USDA            | 2            |                          | 2             |                          | 2            |                          | 0                      | Т    | 2 each                           |                         |                           |
|                  | , ,          |                 |              |                          |               |                          |              |                          | 0                      |      |                                  |                         |                           |
| Bread/Grain      |              |                 |              |                          |               |                          |              |                          |                        |      |                                  |                         |                           |
|                  |              |                 |              |                          |               |                          |              |                          | 0                      |      |                                  |                         |                           |
|                  |              |                 |              |                          |               |                          |              |                          | 0                      |      |                                  |                         |                           |
|                  |              |                 |              |                          |               |                          |              |                          | 0                      |      |                                  |                         |                           |
| 2 Milk Choices   |              |                 |              |                          |               |                          |              |                          |                        |      |                                  |                         |                           |
| Milk, O          | Choc FF      | USDA            | 1            |                          | 1             |                          | 1            |                          | 0                      |      |                                  |                         |                           |
| Milk, U          |              | USDA            | 1            |                          | 1             |                          | 1            |                          | 0                      |      |                                  |                         |                           |
| Extras/Condiment |              |                 |              |                          |               |                          |              |                          |                        |      |                                  |                         |                           |
|                  |              |                 |              |                          |               |                          |              |                          | 0                      |      |                                  |                         |                           |
|                  |              |                 |              |                          |               |                          |              |                          | 0                      |      |                                  |                         |                           |
|                  |              |                 |              |                          |               |                          |              |                          |                        |      |                                  |                         |                           |
|                  |              |                 |              |                          |               |                          |              |                          |                        |      |                                  |                         |                           |
|                  |              |                 |              |                          |               |                          |              |                          |                        |      |                                  |                         |                           |
| Weekly Serving I | Requirements | (5-Day Week)    |              | Grade                    | es K-5        | Grade                    | es 6-8       | Grade                    | es 9-12                |      |                                  |                         |                           |
|                  |              | Fruit/          | Vegetable    | 5 cı                     | ups           | 5 cı                     | ups          | 5 (                      | cups                   |      |                                  |                         |                           |
|                  |              |                 | ad/Grains    | 7-10 o                   | unces         | 8-10 o                   | unces        |                          | ounces                 |      |                                  |                         |                           |
|                  |              |                 | Milk*        | 5 cı                     | ups           | 5 cı                     |              |                          | cups                   |      |                                  |                         |                           |
|                  |              |                 |              |                          |               | Acceptable               |              |                          |                        |      |                                  |                         |                           |
|                  |              |                 |              |                          | 1% Unflavored |                          |              |                          |                        |      |                                  |                         |                           |
|                  |              |                 |              | Non-Fat Unflavored       |               |                          |              |                          |                        |      |                                  |                         |                           |
|                  |              |                 |              | Non-Fat Flavored         |               |                          |              |                          |                        |      |                                  |                         |                           |
|                  |              |                 |              |                          |               |                          | Powdered     |                          |                        |      |                                  |                         |                           |





|                   |                 |                 |              | Food Bas                 | ed Prodi        | ıction Re                | cord - Br    | eakfast W                | eek 2 Day              | 3        |                                 |                         |                           |
|-------------------|-----------------|-----------------|--------------|--------------------------|-----------------|--------------------------|--------------|--------------------------|------------------------|----------|---------------------------------|-------------------------|---------------------------|
|                   |                 |                 |              | 1000 Dus                 | <u>cu i iou</u> | Jetion Re                | COTO DI      | <u> </u>                 | CCK L Duy              |          |                                 |                         |                           |
|                   | Menu            |                 |              | Site:                    |                 |                          |              |                          |                        |          | Nu                              | mber of Meals           |                           |
| Carrot Muffins (2 | oz)             |                 |              | Date:                    |                 |                          | Gra          | des Served:              | K-12                   |          |                                 | Planned                 | Served                    |
| Canned Peaches    | •               |                 |              | Unusual Ev               | ent:            |                          |              | '                        |                        |          | Student Meals                   |                         |                           |
| Milk              |                 |                 |              |                          |                 |                          |              |                          |                        |          | Adult Meals                     |                         |                           |
| Butter            |                 |                 |              | Signature:               |                 |                          |              |                          |                        |          | A la Carte Meals                |                         |                           |
|                   |                 |                 |              |                          |                 |                          |              |                          |                        |          | Total Meals                     | 0                       | 0                         |
|                   |                 |                 |              |                          |                 |                          |              |                          |                        |          |                                 |                         |                           |
|                   |                 |                 |              | PLA                      | NNING SEC       | TION                     |              |                          |                        |          |                                 | DAY OF SERV             | ICE SECTION               |
| Iten              | n A             | Item B          | Ite          | m C                      | Ite             | m D                      | Ite          | m E                      | Item F                 |          | Item G                          | Item H                  | Item I                    |
|                   |                 | Recipe # or     | Grad         | es K-5                   | Grad            | es 6-8                   | Grade        | es 9-12                  | Takal Haika            | Purc     | hase Unit Food Buying           | T-4-111-14-             | # -f D#                   |
| Menu              | Item            | Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size    | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Gui      | de or Manufacturers<br>Analysis | Total Units<br>Prepared | # of Portions<br>Leftover |
| Meat/Meat Altern  | ate             |                 |              |                          |                 |                          |              |                          |                        |          |                                 |                         |                           |
|                   |                 |                 |              |                          |                 |                          |              |                          | 0                      |          |                                 |                         |                           |
|                   |                 |                 |              |                          |                 |                          |              |                          | 0                      |          |                                 |                         |                           |
| ruit/Vegetable    |                 |                 |              |                          |                 |                          |              |                          |                        |          |                                 |                         |                           |
| Canned I          | Peaches         | 100219          | 1            |                          | 1               |                          | 1            |                          | 0                      |          | cup                             |                         |                           |
|                   |                 |                 |              |                          |                 |                          |              |                          | 0                      |          |                                 |                         |                           |
| Bread/Grain       |                 |                 |              |                          |                 |                          |              |                          |                        |          |                                 |                         |                           |
| Carrot N          | Muffins         | Recipe          | 1            |                          | 1               |                          | 1            |                          | 0                      |          | 2 oz portion                    |                         |                           |
|                   |                 |                 |              |                          |                 |                          |              |                          | 0                      | <u> </u> |                                 |                         |                           |
|                   |                 |                 |              |                          |                 |                          |              |                          | 0                      |          |                                 |                         |                           |
| 2 Milk Choices    |                 |                 |              |                          |                 |                          |              |                          |                        |          |                                 |                         |                           |
| Milk, C           | hoc FF          | USDA            | 1            |                          | 1               |                          | 1            |                          | 0                      |          |                                 |                         |                           |
| Milk, U           | IHT 1%          | USDA            | 1            |                          | 1               |                          | 1            |                          | 0                      |          |                                 |                         |                           |
| extras/Condiment  |                 | T               |              |                          |                 |                          |              |                          |                        |          |                                 |                         |                           |
| Whipped B         | ut-R-Cups       | Land O Lake     | 1            |                          | 1               |                          | 1            |                          | 0                      | <u> </u> |                                 |                         |                           |
|                   | ì               |                 |              |                          |                 |                          |              |                          | 0                      |          |                                 |                         |                           |
|                   |                 |                 |              |                          |                 |                          |              |                          |                        |          |                                 |                         |                           |
|                   |                 |                 |              |                          |                 |                          |              |                          |                        |          |                                 |                         |                           |
| Mookly Coming P   | loguiromonts // | F Day Wook)     |              | Grade                    | s V F           | Grade                    | s 6 0        | Crad                     | es 9-12                |          |                                 |                         |                           |
| Weekly Serving R  | requirements (3 |                 | /egetable    | 5 cu                     |                 | 5 cu                     |              |                          | cups                   |          |                                 |                         |                           |
|                   |                 |                 | ad/Grains    | 7-10 o                   |                 | 8-10 o                   | •            |                          | ounces                 | 1        |                                 |                         |                           |
|                   |                 | Бісі            | Milk*        | 5 cı                     |                 | 5 cı                     |              |                          | cups                   |          |                                 |                         |                           |
|                   |                 |                 | TVIIIK       |                          |                 | Acceptable               |              |                          |                        |          |                                 |                         |                           |
|                   |                 |                 |              |                          |                 |                          | ıflavored    |                          |                        |          |                                 |                         |                           |
|                   |                 |                 |              |                          |                 |                          | Unflavored   | d t                      |                        |          |                                 |                         |                           |
|                   |                 |                 |              |                          |                 |                          | t Flavored   |                          |                        |          |                                 |                         |                           |
|                   |                 |                 |              |                          |                 |                          | Powdered     |                          |                        | 1        |                                 |                         |                           |

|                           |        | <u>Food Base</u> | ed Production Re | cord - Brea | kfast We   | ek 2 Day 4 | <u>l</u>                  |               |             |
|---------------------------|--------|------------------|------------------|-------------|------------|------------|---------------------------|---------------|-------------|
| Menu                      |        | Site:            |                  |             |            |            | Nu                        | mber of Meals |             |
| Whole Grain Baking Powder |        | Date:            |                  | Grade       | es Served: | K-12       |                           | Planned       | Served      |
| Canned Pears              |        | Unusual Eve      | ent:             |             |            |            | Student Meals             |               |             |
| Milk                      |        |                  |                  |             |            |            | Adult Meals               |               |             |
| Jelly                     |        | Signature:       |                  |             |            |            | A la Carte Meals          |               |             |
| Butter                    |        |                  |                  |             |            |            | Total Meals               | 0             |             |
|                           |        | PLAN             | NING SECTION     |             |            |            |                           | DAY OF SERV   | ICE SECTION |
| Item A                    | Item B | Item C           | Item D           | Item        | E          | Item F     | Item G                    | Item H        | Item I      |
|                           |        | Grades K-5       | Grades 6-8       | Grades 9    | 9-12       |            | Purchase Unit Food Buying |               |             |

| Pro | Food Based<br>oduction Record |
|-----|-------------------------------|
|     | Breakfast                     |

Week 2 Day 4

|                             |                             | DAY OF SERVICE SECTION |                          |               |                          |                    |                          |                        |   |                         |                           |
|-----------------------------|-----------------------------|------------------------|--------------------------|---------------|--------------------------|--------------------|--------------------------|------------------------|---|-------------------------|---------------------------|
| Item A                      | Item B                      | Ite                    | em C                     | Ite           | em D                     | Ite                | em E                     | Item F                 | Item G  | Item H                  | Item I                    |
| Menu Item                   | Recipe # or<br>Product Name | Grad<br>Portion Size   | Planned # of<br>Servings | Grad          | Planned # of<br>Servings |                    | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units<br>Prepared | # of Portions<br>Leftover |
| Meat/Meat Alternate         |                             |                        |                          |               |                          |                    |                          |                        |   |                         |                           |
|                             |                             |                        |                          |               |                          |                    |                          | 0                      |   |                         |                           |
|                             |                             |                        |                          |               |                          |                    |                          | 0                      |   |                         |                           |
| -ruit/Vegetable             |                             |                        |                          |               |                          |                    |                          |                        |   |                         |                           |
| Canned Pears                | USDA                        | 1                      |                          | 1             |                          | 1                  |                          | 0                      | cup   |                         |                           |
|                             |                             |                        |                          |               |                          |                    |                          | 0                      |   |                         |                           |
| Bread/Grain                 |                             |                        |                          |               |                          |                    |                          |                        |   |                         |                           |
| Whole Grain Biscuit         | Recipe B-40                 | 1                      |                          | 1             |                          | 1                  |                          | 0                      | 2.5 oz portions   |                         |                           |
|                             |                             |                        |                          |               |                          |                    |                          | 0                      |   |                         |                           |
|                             |                             |                        |                          |               |                          |                    |                          | 0                      |   |                         |                           |
| 2 Milk Choices              |                             |                        |                          |               |                          |                    |                          |                        |   |                         |                           |
| Milk, Choc FF               | USDA                        | 1                      |                          | 1             |                          | 1                  |                          | 0                      |   |                         |                           |
| Milk, UHT 1 %               | USDA                        | 1                      |                          | 1             |                          | 1                  |                          | 0                      |   |                         |                           |
| Extras/Condiments           |                             |                        |                          |               |                          |                    |                          |                        |   |                         |                           |
| Jelly                       | Heinz PC                    | 2                      |                          | 2             |                          | 2                  |                          | 0                      | 2 each  |                         |                           |
| Whipped-But-R-Cups          | Land O Lakes                | 2                      | 0                        | 2             |                          | 2                  |                          | 0                      | 2 each  |                         |                           |
|                             |                             |                        |                          |               |                          |                    |                          |                        |   |                         |                           |
|                             |                             |                        |                          |               |                          |                    |                          |                        |   |                         |                           |
|                             |                             |                        |                          |               |                          |                    |                          |                        |   |                         |                           |
| Weekly Serving Requirements |                             |                        | Grade                    |               | Grade                    |                    |                          | es 9-12                |   |                         |                           |
|                             |                             | Vegetable              |                          | ups           | <b>I</b>                 | ups                |                          | cups                   |   |                         |                           |
|                             | Bre                         | Bread/Grains 7-10 o    |                          |               |                          | unces              | _                        | ounces                 |   |                         |                           |
|                             |                             | Milk* 5 cu             |                          |               |                          | ups                |                          | cups                   |   |                         |                           |
|                             |                             |                        |                          |               | Acceptable               |                    | ces*                     |                        |   |                         |                           |
|                             |                             |                        |                          | 1% Unflavored |                          |                    |                          |                        |   |                         |                           |
|                             |                             |                        |                          |               |                          | Non-Fat Unflavored |                          |                        |   |                         |                           |
|                             |                             |                        |                          |               |                          | t Flavored         |                          |                        |   |                         |                           |
|                             |                             |                        |                          |               | Non-Fat                  | Powdered           | <u>k</u>                 |                        |   |                         |                           |



|                  |                 | İ                           |              |                          |                 |                          | • -              |                          |                        | _    |                                 |                         |                           |
|------------------|-----------------|-----------------------------|--------------|--------------------------|-----------------|--------------------------|------------------|--------------------------|------------------------|------|---------------------------------|-------------------------|---------------------------|
|                  |                 |                             | <u> </u>     | ood Base                 | <u>ed Produ</u> | ction Rec                | <u>ord - Bre</u> | aktast W                 | eek 2 Day 5            | 2    |                                 |                         |                           |
|                  |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
|                  | <u>Menu</u>     |                             |              | Site:                    |                 |                          |                  |                          |                        |      | <u>Nu</u>                       | mber of Meals           |                           |
| Pancake          |                 |                             |              | Date:                    |                 |                          | Gra              | des Served:              | K-12                   |      |                                 | Planned                 | Served                    |
| Applesauce       |                 |                             |              | Unusual Eve              | ent:            |                          |                  |                          |                        |      | Student Meals                   |                         |                           |
| Лilk             |                 |                             |              |                          |                 |                          |                  |                          |                        |      | Adult Meals                     |                         |                           |
| Syrup            |                 |                             |              | Signature:               |                 |                          |                  |                          |                        |      | A la Carte Meals                |                         |                           |
| Butter           |                 |                             |              |                          |                 |                          |                  |                          |                        |      | Total Meals                     | 0                       | 0                         |
|                  |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
|                  |                 |                             |              | PLAN                     | INING SECT      | ION                      |                  |                          |                        |      |                                 | DAY OF SERV             | CE SECTION                |
| Iten             | n A             | Item B                      | Ite          | m C                      | Ite             | m D                      | Ite              | m E                      | Item F                 |      | Item G                          | Item H                  | Item I                    |
|                  |                 |                             | Grad         | es K-5                   | Grad            | es 6-8                   | Grade            | es 9-12                  |                        | Purc | hase Unit Food Buying           |                         |                           |
| Menu             | Item            | Recipe # or<br>Product Name | Portion Size | Planned # of<br>Servings | Portion Size    | Planned # of<br>Servings | Portion Size     | Planned # of<br>Servings | Total Units<br>Planned |      | de or Manufacturers<br>Analysis | Total Units<br>Prepared | # of Portions<br>Leftover |
| Meat/Meat Altern | ate             |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
|                  |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
|                  |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
| ruit/Vegetable   |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
| Apples           | sauce           | USDA                        | 2            |                          | 2               |                          | 2                |                          | 0                      |      | 4.5 oz cup ea                   |                         |                           |
|                  |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
| Bread/Grain      |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
| Pano             | ake             | Recipe B130                 | 2            |                          | 2               |                          | 2                |                          | 0                      | 1    | 25 oz portions                  |                         |                           |
|                  |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
|                  |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
| Milk Choices     |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
| Milk, C          | hoc FF          | USDA                        | 1            |                          | 1               |                          | 1                |                          | 0                      |      |                                 |                         |                           |
| Milk, UI         | HT 1 %          | USDA                        | 1            |                          | 1               |                          | 1                |                          | 0                      |      |                                 |                         |                           |
| xtras/Condiment  | s               |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
| Syrup            | o, PC           | PPI/Poco Pac                | 1            |                          | 1               |                          | 1                |                          | 0                      |      | each                            |                         |                           |
| Whipped B        | ut-R-Cups       | Land O Lakes                | 2            |                          | 2               |                          | 2                |                          | 0                      |      | 2 each                          |                         |                           |
|                  |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
|                  |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
|                  |                 |                             |              |                          |                 |                          |                  |                          |                        |      |                                 |                         |                           |
| Veekly Serving R | equirements (5- | -Day Week)                  |              | Grade                    | s K-5           | Grade                    | es 6-8           | Grad                     | es 9-12                |      |                                 |                         |                           |
|                  |                 | Fruit/                      | Vegetable    | 5 cւ                     | ıps             | 5 cւ                     | ıps              | 5 (                      | cups                   |      |                                 |                         |                           |
|                  |                 | Bre                         | ad/Grains    | 7-10 o                   | unces           | 8-10 o                   | unces            | 9-10                     | ounces                 |      |                                 |                         |                           |
|                  |                 |                             | Milk*        | 5 cւ                     |                 | 5 cւ                     |                  |                          | cups                   |      |                                 |                         |                           |
|                  |                 |                             |              |                          | I               | Acceptable               |                  | ces*                     |                        |      |                                 |                         |                           |
|                  |                 |                             |              |                          |                 |                          | flavored         |                          |                        |      |                                 |                         |                           |
|                  |                 |                             |              |                          |                 |                          | Unflavore        |                          |                        |      |                                 |                         |                           |
|                  |                 |                             |              |                          |                 |                          | t Flavored       |                          |                        | _    |                                 |                         |                           |
|                  |                 |                             |              |                          |                 | Non Est                  | Powdered         | ı                        |                        | 1    |                                 |                         |                           |

#### Food Based Production Record - Lunch Week 1 Day 1

|                    | Menu |
|--------------------|------|
| Tuna Fish Sandwich |      |
| Potato Wedges      |      |
| Canned Peaches     |      |
| ∕∕lilk             |      |
|                    |      |

| Site:          |                |      |
|----------------|----------------|------|
| Date:          | Grades Served: | K-12 |
| Unusual Event: |                |      |
|                |                |      |

Signature:

| <u>N</u>         | lumber of Meals |        |
|------------------|-----------------|--------|
|                  | Planned         | Served |
| Student Meals    |                 |        |
| Adult Meals      |                 |        |
| A la Carte Meals |                 |        |
| Total Meals      | 0               | 0      |

|               |                  |                                |              | PLAN                     | NING SECT    | ION                      |              |                          |                        |   | DAY OF SERVI         | CE SECTION                |
|---------------|------------------|--------------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|---------------------------|
|               | Item A           | Item B                         | Ite          | m C                      | lte          | em D                     | Ite          | m E                      | Item F                 | Item G  | Item H               | Item I                    |
|               | Menu Item        |                                | Grad         | les K-5                  | Grad         | les 6-8                  | Grade        | es 9-12                  |                        |   |                      |                           |
|               |                  | Recipe # or<br>Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |
| /leat/Meat A  | Alternate        |                                |              |                          |              |                          |              |                          |                        |   |                      |                           |
| Tur           | na Fish Sandwich | SR24786                        | 1            |                          | 1            |                          | 1            |                          | 0                      | 1 sandwich  |                      |                           |
|               |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| ruit          |                  |                                |              |                          |              |                          |              |                          |                        |   |                      |                           |
| C             | anned Peaches    | 100219                         | 1/2          |                          | 1/2          |                          | 1            |                          | 0                      | cup   |                      |                           |
|               |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| /egetable     |                  |                                |              |                          |              |                          |              |                          |                        |   |                      |                           |
| Starchy       | Potato           | 100356                         | 3/4          |                          | 3/4          |                          | 1            |                          | 0                      | cup   |                      |                           |
|               |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|               |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|               |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|               |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Bread/Grain   |                  |                                |              |                          |              |                          |              |                          |                        |   |                      |                           |
| (S            | andwich bread)   | SR24786                        | 2            |                          | 2            |                          | 2            |                          | 0                      | 2 servings Bread/Grain  |                      |                           |
|               |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|               |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| 2 Milk Choice | es               |                                |              |                          |              |                          |              |                          |                        |   |                      |                           |
|               | Milk Choc, FF    | USDA                           | 1            | 15                       | 1            | 15                       | 1            | 25                       | 55                     |   |                      |                           |
|               | Milk , UHT 1 %   | USDA                           | 1            | 10                       | 1            | 10                       | 1            | 25                       | 45                     |   |                      |                           |
| xtras/Condi   | ments            |                                |              |                          |              |                          |              |                          |                        |   |                      |                           |
|               |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|               |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |

| Weekly Serving Requirements (5-Day Week) | Grades K-5         | Grades 6-8           | Grades 9-12  |  |  |
|--|--------------------|----------------------|--------------|--|--|
| Fruit                                    | 2½ cups            | 2½ cups              | 5 cups       |  |  |
| Vegetables                               | 3 ¾ cups           | 3 ¾ cups             | 5 cups       |  |  |
| Dark Green                               | ½ cup              | ½ cup                | ½ cup        |  |  |
| Red/Orange                               | ¾ cup              | ¾ cup                | 1 ¼ cups     |  |  |
| Beans/Peas (Legumes)                     | ½ cup              | ½ cup                | ½ cup        |  |  |
| Starchy                                  | ½ cup              | ½ cup                | ½ cup        |  |  |
| Other                                    | ½ cup              | ½ cup                | ¾ cup        |  |  |
| Additional Vegetables to Reach Total     | 1 cup              | 1 cup                | 1 ½ cups     |  |  |
| Grains                                   | 8-9 ounces         | 8-10 ounces          | 10-12 ounces |  |  |
| Meat/Meat Alternates                     | 8-10 ounces        | 9-10 ounces          | 10-12 ounces |  |  |
| Milk*                                    | 5 cups             | 5 cups               | 5 cups       |  |  |
|  |                    | Acceptable Milk Choi | ces*         |  |  |
|  |                    | 1% Unflavored        |              |  |  |
|  | Non-Fat Unflavored |                      |              |  |  |
|  | Non-Fat Flavored   |                      |              |  |  |
|  |                    | Non-Fat Powdered     |              |  |  |

## Food Based Production Record

Lunch Week 1 Day 1

## Food Based Production Record

Lunch Week 1 Day 2

#### Food Based Production Record - Lunch Week 1 Day 2

| <u>Menu</u>                     | Site:          |
|---------------------------------|----------------|
| cken Fajita with Cheddar Cheese | Date:          |
| cking Red Beans and Salsa       | Unusual Event: |
| nish Brown Rice and Tortilla    | -              |
| red Fruit                       | Signature:     |
| k                               | •              |

|                     |                  | Number of Meals |        |
|---------------------|------------------|-----------------|--------|
| Grades Served: K-12 |                  | Planned         | Served |
|                     | Student Meals    |                 |        |
|                     | Adult Meals      |                 |        |
|                     | A la Carte Meals |                 |        |
|                     | Total Meals      | 0               | 0      |

| PLANNING SECTION     |           |                                |              |                          |               |                          |              | DAY OF SERVICE SECTION   |                        |   |                      |                           |
|----------------------|-----------|--------------------------------|--------------|--------------------------|---------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|---------------------------|
| Item A               | 1         | Item B                         | Ite          | em C                     | Item D Item E |                          | em E         | Item F                   | Item G                 | Item H  | Item I               |                           |
| Menu Ite             | em        |                                | Grad         | les K-5                  | Grades 6-8    |                          | Grades 9-12  |                          |                        |   |                      |                           |
|                      |           | Recipe # or<br>Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size  | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |
| Meat/Meat Alternate  |           |                                |              |                          |               |                          |              |                          |                        |   |                      |                           |
| Chicken Fajit        | a Strips  | USDA                           | 1 1/2        |                          | 1 1/2         |                          | 1 1/2        |                          | 0                      | ounce   |                      |                           |
| Cheddar C            | heese     | USDA                           | 1/2          |                          | 1/2           |                          | 1/2          |                          | 0                      | ounce   |                      |                           |
| Fruit                |           |                                |              |                          |               |                          |              |                          |                        |   |                      |                           |
| Mixed F              | ruit      | USDA                           | 1/2          |                          | 1/2           |                          | 1            |                          | 0                      | cup   |                      |                           |
|                      |           |                                |              |                          |               |                          |              |                          | 0                      |   |                      |                           |
| Vegetable            |           |                                |              |                          |               |                          |              |                          |                        |   |                      |                           |
| Beans/Peas (Legumes) | Red Beans | SR24782                        | 3/4          |                          | 3/4           |                          | 1            |                          | 0                      | cup   |                      |                           |
| Red/Orange           | Salsa     | SR24765                        | 1/4          |                          | 1/4           |                          | 1/4          |                          | 0                      | cup   |                      |                           |
|                      |           |                                |              |                          |               |                          |              |                          | 0                      |   |                      |                           |
|                      |           |                                |              |                          |               |                          |              |                          | 0                      |   |                      |                           |
|                      |           |                                |              |                          |               |                          |              |                          | 0                      |   |                      |                           |
| Bread/Grain          |           |                                |              |                          |               |                          |              |                          |                        |   |                      |                           |
| Spanish Brov         | wn Rice   | SR24783                        | 1/2          |                          | 1/2           |                          | 1/2          |                          | 0                      | cup   |                      |                           |
| Tortilla             | a         | Taco Loco                      | 1            |                          | 1             |                          | 1            |                          | 0                      | 1 tortilla  |                      |                           |
|                      |           |                                |              |                          |               |                          |              |                          | 0                      |   |                      |                           |
| 2 Milk Choices       |           |                                |              |                          |               |                          |              |                          |                        |   |                      |                           |
| Milk, Cho            | oc FF     | USDA                           | 1            |                          | 1             |                          | 1            |                          | 0                      |   |                      |                           |
| Milk, UHT            | 1%        | USDA                           | 1            |                          | 1             |                          | 1            |                          | 0                      |   |                      |                           |
| Extras/Condiments    |           |                                |              |                          |               |                          |              |                          |                        |   |                      |                           |
|                      |           |                                |              |                          |               |                          |              |                          | 0                      |   |                      |                           |
|                      |           |                                |              |                          |               |                          |              |                          | 0                      |   |                      |                           |

Non-Fat Flavored Non-Fat Powdered

| Weekly Serving Requirements (5-Day Week) | Grades K-5               | Grades 6-8         | Grades 9-12  |
|--|--------------------------|--------------------|--------------|
| Fruit                                    | 2½ cups                  | 2½ cups            | 5 cups       |
| Vegetables                               | 3 ¾ cups                 | 3 ¾ cups           | 5 cups       |
| Dark Green                               | ½ cup                    | ½ cup              | ½ cup        |
| Red/Orange                               | ¾ cup                    | ¾ cup              | 1 ¼ cups     |
| Beans/Peas (Legumes)                     | ½ cup                    | ½ cup              | ½ cup        |
| Starchy                                  | ½ cup                    | ½ cup              | ½ cup        |
| Other                                    | ½ cup                    | ½ cup              | ¾ cup        |
| Additional Vegetables to Reach Total     | 1 cup                    | 1 cup              | 1 ½ cups     |
| Grains                                   | 8-9 ounces               | 8-10 ounces        | 10-12 ounces |
| Meat/Meat Alternates                     | 8-10 ounces              | 9-10 ounces        | 10-12 ounces |
| Milk*                                    | 5 cups                   | 5 cups             | 5 cups       |
|  | Acceptable Milk Choices* |                    |              |
|  | 1% Unflavored            |                    |              |
|  |                          | Non-Fat Unflavored | t            |

#### Food Based Production Record - Lunch Week 1 Day 3

|                   | Menu |
|-------------------|------|
| Beef Stroganoff   |      |
| Brown Rice        |      |
| Pizza Green Beans |      |
| Strawberry Cup    |      |
| Milk              |      |

| Site:          |                |      |
|----------------|----------------|------|
| Date:          | Grades Served: | K-12 |
| Unusual Event: |                |      |
|                |                |      |
| Signature:     |                |      |

| Number of Meals  |   |   |  |  |  |  |  |
|------------------|---|---|--|--|--|--|--|
| Planned Served   |   |   |  |  |  |  |  |
| Student Meals    |   |   |  |  |  |  |  |
| Adult Meals      |   |   |  |  |  |  |  |
| A la Carte Meals |   |   |  |  |  |  |  |
| Total Meals      | 0 | 0 |  |  |  |  |  |

|          | PLANNING SECTION |             |                                |              |                          |              |                          |              | DAY OF SERVI             | DAY OF SERVICE SECTION |   |                      |                          |
|----------|------------------|-------------|--------------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|--------------------------|
|          | Item A           | A           | Item B                         | Ite          | m C                      | Ite          | m D                      | lte          | em E                     | Item F                 | Item G  | Item H               | Item I                   |
|          | Menu It          | em          |                                | Grad         | es K-5                   | Grad         | les 6-8                  | Grad         | es 9-12                  |                        |   |                      |                          |
|          |                  |             | Recipe # or<br>Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portion<br>Leftover |
| /leat/M  | leat Alternate   |             |                                |              |                          |              |                          |              |                          |                        |   |                      |                          |
|          | Beef Strog       | ganoff      | SR24689                        | 2/3          |                          | 2/3          |                          | 1            |                          | 0                      | cup   |                      |                          |
|          |                  |             |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
| ruit     |                  |             |                                |              |                          |              |                          |              |                          |                        |   |                      |                          |
|          | Strawberr        | y Cup       | USDA                           | 1            |                          | 1            |                          | 2            |                          | 0                      | each  |                      |                          |
|          |                  |             |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
| /egetab  | le               |             |                                |              |                          |              |                          |              |                          |                        |   |                      |                          |
| Other    |                  | Green Beans | Recipe 124                     | 1            |                          | 1            |                          | 1            |                          | 0                      | cup   |                      |                          |
|          |                  |             |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|          |                  |             |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|          |                  |             |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|          |                  |             |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
| Bread/G  | irain            |             |                                |              |                          |              |                          |              |                          |                        |   |                      |                          |
|          | Brown F          | Rice        | SR24689                        | 1/2          |                          | 1/2          |                          | 3/4          |                          | 0                      | cup   |                      |                          |
|          |                  |             |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|          |                  |             |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
| 2 Milk C | hoices           |             |                                |              |                          |              |                          |              |                          |                        |   |                      |                          |
|          | Milk, Cho        | oc FF       | USDA                           | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                          |
|          | Milk, UH         | Γ1%         | USDA                           | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                          |
| xtras/C  | Condiments       |             |                                |              |                          |              |                          |              |                          |                        |   |                      |                          |
|          |                  |             |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|          |                  |             | 1                              |              |                          |              |                          |              |                          | 0                      |   |                      |                          |

| Weekly Serving Requirements (5-Day Week) | Grades K-5         | Grades 6-8            | Grades 9-12  |  |  |
|--|--------------------|-----------------------|--------------|--|--|
| Fruit                                    | 2½ cups            | 2½ cups               | 5 cups       |  |  |
| Vegetables                               | 3 ¾ cups           | 3 ¾ cups              | 5 cups       |  |  |
| Dark Green                               | ½ cup              | ½ cup                 | ½ cup        |  |  |
| Red/Orange                               | ¾ cup              | ¾ cup                 | 1 ¼ cups     |  |  |
| Beans/Peas (Legumes)                     | ½ cup              | ½ cup                 | ½ cup        |  |  |
| Starchy                                  | ½ cup              | ½ cup                 | ½ cup        |  |  |
| Other                                    | ½ cup              | ½ cup                 | ¾ cup        |  |  |
| Additional Vegetables to Reach Total     | 1 cup              | 1 cup                 | 1 ½ cups     |  |  |
| Grains                                   | 8-9 ounces         | 8-10 ounces           | 10-12 ounces |  |  |
| Meat/Meat Alternates                     | 8-10 ounces        | 9-10 ounces           | 10-12 ounces |  |  |
| Milk*                                    | 5 cups             | 5 cups                | 5 cups       |  |  |
|  |                    | Acceptable Milk Choic | es*          |  |  |
|  |                    | 1% Unflavored         |              |  |  |
|  | Non-Fat Unflavored |                       |              |  |  |
|  | Non-Fat Flavored   |                       |              |  |  |
|  |                    | Non-Fat Powdered      |              |  |  |

Food Based
Production Record

Lunch Week 1 Day 3

## Food Based Production Record

Lunch Week 1 Day 4

#### Food Based Production Record - Lunch Week 1 Day 4

| Menu                   | Site:          |                     |
|------------------------|----------------|---------------------|
| Baked Halibut (2.5 oz) | Date:          | Grades Served: K-12 |
| Broccoli               | Unusual Event: |                     |
| Brown Rice             |                |                     |
| Canned Pears           | Signature:     |                     |
| Milk                   |                |                     |

| Number of Meals  |                |   |  |  |  |  |
|------------------|----------------|---|--|--|--|--|
|                  | Planned Served |   |  |  |  |  |
| Student Meals    |                |   |  |  |  |  |
| Adult Meals      |                |   |  |  |  |  |
| A la Carte Meals |                |   |  |  |  |  |
| Total Meals      | 0              | 0 |  |  |  |  |

| PLANNING SECTION    |          |                                |               |                          |              |                          |              | DAY OF SERVICE SECTION   |                        |   |                      |                           |
|---------------------|----------|--------------------------------|---------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|---------------------------|
| Item A              | ı        | Item B                         | Item B Item C |                          | lte          | m D                      | Item E       |                          | Item F                 | Item G  | Item H               | Item I                    |
| Menu Ite            | em       |                                | Grade         | es K-5                   | Grad         | es 6-8                   | Grade        | es 9-12                  |                        |   |                      |                           |
|                     |          | Recipe # or<br>Product<br>Name | Portion Size  | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |
| Meat/Meat Alternate |          |                                |               |                          |              |                          |              |                          |                        |   |                      |                           |
| Baked Ha            | libut    | Recipe                         | 1             |                          | 1            |                          | 1            |                          | 0                      | 2.5 oz portion  |                      |                           |
|                     |          |                                |               |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Fruit               |          |                                |               |                          |              |                          |              |                          |                        |   |                      |                           |
| Canned P            | 'ears    | 51384                          | 1/2           |                          | 1/2          |                          | 1            |                          | 0                      | cup   |                      |                           |
|                     |          |                                |               |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Vegetable           |          |                                |               |                          |              |                          |              |                          |                        |   |                      |                           |
| Dark Green          | Broccoli | 903133                         | 3/4           |                          | 3/4          |                          | 1            |                          | 0                      | cup   |                      |                           |
|                     |          |                                |               |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                     |          |                                |               |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                     |          |                                |               |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                     |          |                                |               |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Bread/Grain         |          |                                |               |                          |              |                          |              |                          |                        |   |                      |                           |
| Brown R             | ice      | 903132                         | 1             |                          | 1            |                          | 1 1/2        |                          | 0                      | cup   |                      |                           |
|                     |          |                                |               |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                     |          |                                |               |                          |              |                          |              |                          | 0                      |   |                      |                           |
| 2 Milk Choices      |          |                                |               |                          |              |                          |              |                          |                        |   |                      |                           |
| Milk, Cho           | oc FF    | USDA                           | 1             |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
| Milk, UH            | Γ1%      | USDA                           | 1             |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
| Extras/Condiments   |          |                                |               |                          |              |                          |              |                          |                        |   |                      |                           |
|                     |          |                                |               |                          |              |                          |              |                          | 0                      |   |                      | ·                         |
|                     |          |                                |               |                          |              |                          |              |                          | 0                      |   |                      |                           |

Non-Fat Flavored Non-Fat Powdered

| Weekly Serving Requirements (5-Day Week) | Grades K-5               | Grades 6-8         | Grades 9-12  |  |  |
|--|--------------------------|--------------------|--------------|--|--|
| Fruit                                    | 2½ cups                  | 2½ cups            | 5 cups       |  |  |
| Vegetables                               | 3 ¾ cups                 | 3 ¾ cups           | 5 cups       |  |  |
| Dark Green                               | ½ cup                    | ½ cup              | ½ cup        |  |  |
| Red/Orange                               | ¾ cup                    | ¾ cup              | 1 ¼ cups     |  |  |
| Beans/Peas (Legumes)                     | ½ cup                    | ½ cup              | ½ cup        |  |  |
| Starchy                                  | ½ cup                    | ½ cup              | ½ cup        |  |  |
| Other                                    | ½ cup                    | ½ cup              | ¾ cup        |  |  |
| Additional Vegetables to Reach Total     | 1 cup                    | 1 cup              | 1 ½ cups     |  |  |
| Grains                                   | 8-9 ounces               | 8-10 ounces        | 10-12 ounces |  |  |
| Meat/Meat Alternates                     | 8-10 ounces              | 9-10 ounces        | 10-12 ounces |  |  |
| Milk*                                    | 5 cups                   | 5 cups             | 5 cups       |  |  |
|  | Acceptable Milk Choices* |                    |              |  |  |
|  | 1% Unflavored            |                    |              |  |  |
|  |                          | Non-Fat Unflavored | d            |  |  |

#### Food Based Production Record - Lunch Week 1 Day 5

| <u>Menu</u>              |  |
|--------------------------|--|
| Spaghetti and Meat Sauce |  |
| Mixed Vegetables         |  |
| Applesauce               |  |
| Milk                     |  |
|                          |  |

| Site:          |                |      |
|----------------|----------------|------|
| Date:          | Grades Served: | K-12 |
| Unusual Event: |                |      |
|                |                |      |
| Signature:     |                |      |

| Number of Meals  |         |        |  |  |  |  |  |
|------------------|---------|--------|--|--|--|--|--|
|                  | Planned | Served |  |  |  |  |  |
| Student Meals    |         |        |  |  |  |  |  |
| Adult Meals      |         |        |  |  |  |  |  |
| A la Carte Meals |         |        |  |  |  |  |  |
| Total Meals      |         |        |  |  |  |  |  |

|          | PLANNING SECTION         |                             |              |                          |              |                          |              | DAY OF SERVICE SECTION   |                        |   |                      |                           |
|----------|--------------------------|-----------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|---------------------------|
|          | Item A                   | Item B                      | Item C       |                          | Item D       |                          | Item E       |                          | Item F                 | Item G  | Item H               | Item I                    |
|          | Menu Item                |                             | Grad         | es K-5                   | Grad         | les 6-8                  | Grad         | es 9-12                  |                        |   |                      |                           |
|          |                          | Recipe # or<br>Product Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |
| /leat/N  | Meat Alternate           |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
| S        | Spaghetti and Meat Sauce | Recipe D-35                 | 1            |                          | 1            |                          | 2            |                          | 0                      | cup   |                      |                           |
|          |                          |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| ruit     |                          |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
|          | Applesauce               | 903134                      | 1            |                          | 1            |                          | 2            |                          | 0                      | each  |                      |                           |
|          |                          |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| /egetab  | ole                      |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
| Other    | Mix Veg.                 | 11584                       | 1/2          |                          | 1/2          |                          | 3/4          |                          | 0                      | cup   |                      |                           |
|          |                          |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|          |                          |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|          |                          |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|          |                          |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Bread/0  | Grain                    |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
|          | (Spaghetti)              | Recipe D-35                 | 1/2          |                          | 1/2          |                          | 1            |                          | 0                      | cup   |                      |                           |
|          |                          |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|          |                          |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| 2 Milk C |                          | _                           | 1            | ı                        |              | 1                        | ı            | 1                        |                        | T   |                      |                           |
|          | Milk, Choc FF            | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
|          | Milk, UHT 1 %            | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
| xtras/0  | Condiments               |                             | 1            | 1                        |              | 1                        |              | 1                        |                        | T   |                      |                           |
|          |                          |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|          |                          |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |

| Neekly Serving Requirements (5-Day Week) | Grades K-5         | Grades 6-8            | Grades 9-12  |  |  |  |
|--|--------------------|-----------------------|--------------|--|--|--|
| Fruit                                    | 2½ cups            | 2½ cups               | 5 cups       |  |  |  |
| Vegetables                               | 3 ¾ cups           | 3 ¾ cups              | 5 cups       |  |  |  |
| Dark Green                               | ½ cup              | ½ cup                 | ½ cup        |  |  |  |
| Red/Orange                               | ¾ cup              | ¾ cup                 | 1 ¼ cups     |  |  |  |
| Beans/Peas (Legumes)                     | ½ cup              | ½ cup                 | ½ cup        |  |  |  |
| Starchy                                  | ½ cup              | ½ cup                 | ½ cup        |  |  |  |
| Other                                    | ½ cup              | ½ cup                 | ¾ cup        |  |  |  |
| Additional Vegetables to Reach Total     | 1 cup              | 1 cup                 | 1 ½ cups     |  |  |  |
| Grains                                   | 8-9 ounces         | 8-10 ounces           | 10-12 ounces |  |  |  |
| Meat/Meat Alternates                     | 8-10 ounces        | 9-10 ounces           | 10-12 ounces |  |  |  |
| Milk*                                    | 5 cups             | 5 cups                | 5 cups       |  |  |  |
|  |                    | Acceptable Milk Choic | :es*         |  |  |  |
|  |                    | 1% Unflavored         |              |  |  |  |
|  | Non-Fat Unflavored |                       |              |  |  |  |
|  | Non-Fat Flavored   |                       |              |  |  |  |
|  |                    | Non-Fat Powdered      |              |  |  |  |

## Food Based Production Record

Lunch Week 1 Day 5

## Food Based Production Record

Lunch Week 2 Day 1

#### Food Based Production Record - Lunch Week 2 Day 1

| Menu                        | Site:          |                |      |
|-----------------------------|----------------|----------------|------|
| et and Sassy Chicken (2 oz) | Date:          | Grades Served: | K-12 |
| ccoli                       | Unusual Event: |                |      |
| vn Rice                     | ·              |                |      |
| wberry Cup                  | Signature:     |                |      |
|                             | ·              |                |      |

| Ď                | Number of Meals |        |
|------------------|-----------------|--------|
|                  | Planned         | Served |
| Student Meals    |                 |        |
| Adult Meals      |                 |        |
| A la Carte Meals | ·               |        |
| Total Meals      |                 |        |

|                    | PLANNING SECTION |                             |              |                          |              |                          |              |                          | DAY OF SERVICE SECTION |   |                      |                           |  |
|--------------------|------------------|-----------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|---------------------------|--|
|                    | Item A           | Item B                      | Ite          | m C                      | Ite          | m D                      | Ite          | em E                     | Item F                 | Item G  | Item H               | Item I                    |  |
| M                  | lenu Item        |                             | Grad         | es K-5                   | Grad         | les 6-8                  | Grad         | es 9-12                  |                        |   |                      |                           |  |
|                    |                  | Recipe # or<br>Product Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |  |
| Meat/Meat Altern   | nate             |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |  |
| Sweet and          | d Sassy Chicken  | Recipe D-67                 | 1            |                          | 1            |                          | 2            |                          | 0                      | 2.0 oz portions   |                      |                           |  |
|                    |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |  |
| Fruit              |                  |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |  |
| Straw              | berry Cup        | USDA                        | 1            |                          | 1            |                          | 2            |                          | 0                      | each  |                      |                           |  |
|                    |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |  |
| Vegetable          |                  |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |  |
| Dark Green         | Broccoli         | 903133                      | 3/4          |                          | 3/4          |                          | 1            |                          | 0                      | cup   |                      |                           |  |
|                    |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |  |
|                    |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |  |
|                    |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |  |
|                    |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |  |
| Bread/Grain        |                  |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |  |
| Bro                | wn Rice          | USDA                        | 1            |                          | 1            |                          | 1 1/2        |                          | 0                      | cup   |                      |                           |  |
|                    |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |  |
|                    |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |  |
| 2 Milk Choices     |                  |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |  |
| Milk               | ,Choc FF         | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |  |
| Milk, UHT 1 % USDA |                  | 1                           |              | 1                        |              | 1                        |              | 0                        |                        |   |                      |                           |  |
| Extras/Condiment   | ts               |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |  |
|                    |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |  |
|                    |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |  |

| Weekly Serving Requirements (5-Day Week) | Grades K-5         | Grades 6-8             | Grades 9-12  |  |  |  |
|--|--------------------|------------------------|--------------|--|--|--|
| Fruit                                    | 2½ cups            | 2½ cups                | 5 cups       |  |  |  |
| Vegetables                               | 3 ¾ cups           | 3 ¾ cups               | 5 cups       |  |  |  |
| Dark Green                               | ½ cup              | ½ cup                  | ½ cup        |  |  |  |
| Red/Orange                               | ¾ cup              | ¾ cup                  | 1 ¼ cups     |  |  |  |
| Beans/Peas (Legumes)                     | ½ cup              | ½ cup                  | ½ cup        |  |  |  |
| Starchy                                  | ½ cup              | ½ cup                  | ½ cup        |  |  |  |
| Other                                    | ½ cup              | ½ cup                  | ¾ cup        |  |  |  |
| Additional Vegetables to Reach Total     | 1 cup              | 1 cup                  | 1 ½ cups     |  |  |  |
| Grains                                   | 8-9 ounces         | 8-10 ounces            | 10-12 ounces |  |  |  |
| Meat/Meat Alternates                     | 8-10 ounces        | 9-10 ounces            | 10-12 ounces |  |  |  |
| Milk*                                    | 5 cups             | 5 cups                 | 5 cups       |  |  |  |
|  |                    | Acceptable Milk Choice | ces*         |  |  |  |
|  |                    | 1% Unflavored          |              |  |  |  |
|  | Non-Fat Unflavored |                        |              |  |  |  |
|  | Non-Fat Flavored   |                        |              |  |  |  |
|  |                    | Non-Fat Powdered       |              |  |  |  |

#### Food Based Production Record - Lunch Week 2 Day 2

| <u>Menu</u>      |
|------------------|
| loppy Joes       |
| /hole Grain Roll |
| aked Beans       |
| anned Peaches    |
| 1ilk             |

| Date:          | Grades Served: | K-12 |
|----------------|----------------|------|
| Unusual Event: |                |      |

Signature:

| Number of Meals  |                |   |  |  |  |  |  |  |  |  |
|------------------|----------------|---|--|--|--|--|--|--|--|--|
|                  | Planned Served |   |  |  |  |  |  |  |  |  |
| Student Meals    |                |   |  |  |  |  |  |  |  |  |
| Adult Meals      |                |   |  |  |  |  |  |  |  |  |
| A la Carte Meals |                |   |  |  |  |  |  |  |  |  |
| Total Meals      | 0              | 0 |  |  |  |  |  |  |  |  |

|                      |             |                             |              | PLANN                    | ING SECTIO   | N                        |              |                          |                        |   | DAY OF SERVI         | CE SECTION               |
|----------------------|-------------|-----------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|--------------------------|
| Item A               |             | Item B                      | Ite          | m C                      | Ite          | m D                      | Ite          | em E                     | Item F                 | Item G  | Item H               | Item I                   |
| Menu Ite             | em          |                             | Grad         | les K-5                  | Grad         | les 6-8                  | Grade        | es 9-12                  |                        |   |                      |                          |
|                      |             | Recipe # or<br>Product Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portion<br>Leftover |
| Meat/Meat Alternate  |             |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
| Sloppy J             | oe          | Recipe F-05                 | 1/3          |                          | 1/3          |                          | 1/3          |                          | 0                      | cup or 1 #12 scoop  |                      |                          |
|                      |             |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
| Fruit                |             |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
| Canned Pe            | aches       | USDA                        | 1/2          |                          | 1/2          |                          | 1            |                          | 0                      | cup   |                      |                          |
|                      |             |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
| Vegetable            |             |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
| Beans/Peas (Legumes) | Baked Beans | SR24796                     | 1/2          |                          | 1/2          |                          | 3/4          |                          | 0                      | cup   |                      |                          |
|                      |             |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|                      |             |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|                      |             |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|                      |             |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
| Bread/Grain          |             |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
| Whole Gra            | in Roll     | Recipe F-05                 | 1            |                          | 1            |                          | 1            |                          | 0                      | 1 each  |                      |                          |
|                      |             |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|                      |             |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
| 2 Milk Choices       |             |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
| Milk, Choc FF        |             | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                          |
| Milk, UHT            | 1 %         | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                          |
| Extras/Condiments    |             |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
|                      |             |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|                      |             |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |

| Weekly Serving Requirements (5-Day Week) | Grades K-5                          | Grades 6-8             | Grades 9-12  |  |  |  |  |
|--|-------------------------------------|------------------------|--------------|--|--|--|--|
| Fruit                                    | 2½ cups                             | 2½ cups                | 5 cups       |  |  |  |  |
| Vegetables                               | 3 ¾ cups                            | 3 ¾ cups               | 5 cups       |  |  |  |  |
| Dark Green                               | ½ cup                               | ½ cup                  | ½ cup        |  |  |  |  |
| Red/Orange                               | ¾ cup                               | ¾ cup                  | 1 ¼ cups     |  |  |  |  |
| Beans/Peas (Legumes)                     | ½ cup                               | ½ cup                  | ½ cup        |  |  |  |  |
| Starchy                                  | ½ cup                               | ½ cup                  | ½ cup        |  |  |  |  |
| Other                                    | ½ cup                               | ½ cup                  | ¾ cup        |  |  |  |  |
| Additional Vegetables to Reach Total     | 1 cup                               | 1 cup                  | 1 ½ cups     |  |  |  |  |
| Grains                                   | 8-9 ounces                          | 8-10 ounces            | 10-12 ounces |  |  |  |  |
| Meat/Meat Alternates                     | 8-10 ounces                         | 9-10 ounces            | 10-12 ounces |  |  |  |  |
| Milk*                                    | 5 cups                              | 5 cups                 | 5 cups       |  |  |  |  |
|  | ,                                   | Acceptable Milk Choice | ces*         |  |  |  |  |
|  |                                     | 1% Unflavored          |              |  |  |  |  |
|  | Non-Fat Unflavored Non-Fat Flavored |                        |              |  |  |  |  |
|  |                                     |                        |              |  |  |  |  |
|  |                                     | Non-Fat Powdered       |              |  |  |  |  |



Lunch Week 2 Day 2

## Food Based Production Record

Lunch Week 2 Day 3

#### Food Based Production Record - Lunch Week 2 Day 3

| <u>Menu</u>                       | Site:          |                |
|-----------------------------------|----------------|----------------|
| Sweet and Sour Fish Sticks (2 oz) | Date:          | Grades Served: |
| Corn                              | Unusual Event: |                |
| Brown Rice                        | •              |                |
| Canned Pears                      | Signature:     |                |
| Milk                              |                |                |

| Number of Meals  |         |        |  |  |  |  |  |  |  |  |
|------------------|---------|--------|--|--|--|--|--|--|--|--|
|                  | Planned | Served |  |  |  |  |  |  |  |  |
| Student Meals    |         |        |  |  |  |  |  |  |  |  |
| Adult Meals      |         |        |  |  |  |  |  |  |  |  |
| A la Carte Meals |         |        |  |  |  |  |  |  |  |  |
| Total Meals      | 0       | 0      |  |  |  |  |  |  |  |  |

| Canned Pears   USDA   1/2   1/2   1   0   cup  |                  | PLANN            | IING SECTION | ON           |  |              |  |              |  | CE SECTION |                        |                      |        |
|--|------------------|------------------|--------------|--------------|--|--------------|--|--------------|--|------------|------------------------|----------------------|--------|
| Recipe # or Portion Size   |                  | Item A           | Item B       | Item C       |  | Item D       |  | Item E       |  | Item F     | Item G                 | Item H               | Item I |
| Product Name   Portion Size   Port | M                | enu Item         | 1            |              |  |              |  |              |  |            |                        |                      |        |
| Sweet and Sour Fish Sticks   Recipe   1  |                  |                  | Product      | Portion Size |  | Portion Size |  | Portion Size |  |            | Guide or Manufacturers | Total Units Prepared |        |
| Fruit  Canned Pears USDA 1/2 1/2 1 0 cup  Vegetable  Starchy Corn USDA 3/4 3/4 1 0 cup  Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  Bread/Grain  Brown Rice USDA 1 1 1 0 0 cup  Bread/Grain  Brown Rice USDA 1 1 1 0 0 cup  Bread/Grain  Brown Rice USDA 1 1 1 0 0 cup  Bread/Grain  Brown Rice USDA 1 1 1 0 0 cup  Bread/Grain  Brown Rice USDA 1 1 1 0 0 cup  Bread/Grain  Brown Rice USDA 1 1 1 0 0 cup  Bread/Grain  Brown Rice USDA 1 1 1 0 0 cup  Bread/Grain  Brown Rice USDA 1 1 1 0 0 cup  Bread/Grain  Brown Rice USDA 1 1 1 0 0 cup  Bread/Grain  Brown Rice USDA 1 1 1 0 0 cup  Bread/Grain  Brown Rice USDA 1 1 1 0 0 cup  Bread/Grain  | Meat/Meat Alterr | ate              |              |              |  |              |  |              |  |            |                        |                      |        |
| Canned Pears   | Sweet and        | Sour Fish Sticks | Recipe       | 1            |  | 1            |  | 1            |  | 0          | 2 oz portion           |                      |        |
| Canned Pears   USDA   1/2   1/2   1   0   cup  |                  |                  |              |              |  |              |  |              |  | 0          |                        |                      |        |
|  | Fruit            |                  |              |              |  |              |  |              |  |            |                        |                      |        |
| Vegetable   Starchy   Corn   USDA   3/4   3/4   1   0   cup  | Canı             | ned Pears        | USDA         | 1/2          |  | 1/2          |  | 1            |  | 0          | cup                    |                      |        |
| Starchy   Corn   USDA   3/4   3/4   1   0   cup  |                  |                  |              |              |  |              |  |              |  | 0          |                        |                      |        |
|  | Vegetable        |                  |              |              |  |              |  |              |  |            |                        |                      |        |
|  | Starchy          | Corn             | USDA         | 3/4          |  | 3/4          |  | 1            |  | 0          | cup                    |                      |        |
| Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  2 Milk Choices  Milk, Choc FF USDA 1 1 1 0 0  Milk , UHT 1 % USDA 1 1 1 1 0 0  Extras/Condiments   |                  |                  |              |              |  |              |  |              |  | 0          |                        |                      |        |
| Bread/Grain  Brown Rice USDA 1/2 1/2 1 0 cup  2 Milk Choices  Milk, Choc FF USDA 1 1 1 0 0  Milk , UHT 1 % USDA 1 1 1 1 0 0  Extras/Condiments   |                  |                  |              |              |  |              |  |              |  | 0          |                        |                      |        |
| Brown Rice   |                  |                  |              |              |  |              |  |              |  | 0          |                        |                      |        |
| Brown Rice   |                  |                  |              |              |  |              |  |              |  | 0          |                        |                      |        |
|  | Bread/Grain      |                  |              |              |  |              |  |              |  |            |                        |                      |        |
|  | Bro              | own Rice         | USDA         | 1/2          |  | 1/2          |  | 1            |  | 0          | cup                    |                      |        |
| 2 Milk Choices           Milk, Choc FF         USDA         1         1         1         0         0         1         0  |                  |                  |              |              |  |              |  |              |  | 0          |                        |                      |        |
| Milk, Choc FF         USDA         1         1         1         0            Milk , UHT 1 %         USDA         1         1         1         0             Extras/Condiments  |                  |                  |              |              |  |              |  |              |  | 0          |                        |                      |        |
| Milk , UHT 1 % USDA 1 1 1 1 0 Extras/Condiments 0  | 2 Milk Choices   |                  |              |              |  |              |  |              |  |            |                        |                      |        |
| Extras/Condiments 0  | Milk             | , Choc FF        | USDA         | 1            |  | 1            |  | 1            |  | 0          |                        |                      |        |
| 0  | Milk             | , UHT 1 %        | USDA         | 1            |  | 1            |  | 1            |  | 0          |                        |                      |        |
|  | Extras/Condiment | s                |              |              |  |              |  |              |  |            |                        |                      |        |
| 0  |                  |                  |              |              |  |              |  |              |  | 0          |                        |                      |        |
|  |                  |                  |              |              |  |              |  |              |  | 0          |                        |                      |        |

Non-Fat Powdered

| Weekly Serving Requirements (5-Day Week) | Grades K-5         | Grades 6-8           | Grades 9-12  |  |  |  |
|--|--------------------|----------------------|--------------|--|--|--|
| Fruit                                    | 2½ cups            | 2½ cups              | 5 cups       |  |  |  |
| Vegetables                               | 3 ¾ cups           | 3 ¾ cups             | 5 cups       |  |  |  |
| Dark Green                               | ½ cup              | ½ cup                | ½ cup        |  |  |  |
| Red/Orange                               | ¾ cup              | ¾ cup                | 1 ¼ cups     |  |  |  |
| Beans/Peas (Legumes)                     | ½ cup              | ½ cup                | ½ cup        |  |  |  |
| Starchy                                  | ½ cup              | ½ cup                | ½ cup        |  |  |  |
| Other                                    | ½ cup              | ½ cup                | ¾ cup        |  |  |  |
| Additional Vegetables to Reach Total     | 1 cup              | 1 cup                | 1 ½ cups     |  |  |  |
| Grains                                   | 8-9 ounces         | 8-10 ounces          | 10-12 ounces |  |  |  |
| Meat/Meat Alternates                     | 8-10 ounces        | 9-10 ounces          | 10-12 ounces |  |  |  |
| Milk*                                    | 5 cups             | 5 cups               | 5 cups       |  |  |  |
|  | ,                  | Acceptable Milk Choi | ces*         |  |  |  |
|  | 1% Unflavored      |                      |              |  |  |  |
|  | Non-Fat Unflavored |                      |              |  |  |  |
|  |                    | Non-Fat Flavored     |              |  |  |  |

#### Food Based Production Record - Lunch Week 2 Day 4

| <u>Menu</u>                 |
|-----------------------------|
| Mac n' Cheese with Broccoli |
| Carrots                     |
| Mixed Fruit                 |
| Milk                        |
|                             |

| Site:          |                |      |
|----------------|----------------|------|
| Date:          | Grades Served: | K-12 |
| Unusual Event: |                |      |
|                |                |      |
| Signature:     |                |      |

| Number of Meals  |                |   |  |  |  |  |  |  |  |  |
|------------------|----------------|---|--|--|--|--|--|--|--|--|
|                  | Planned Served |   |  |  |  |  |  |  |  |  |
| Student Meals    |                |   |  |  |  |  |  |  |  |  |
| Adult Meals      |                |   |  |  |  |  |  |  |  |  |
| A la Carte Meals |                |   |  |  |  |  |  |  |  |  |
| Total Meals      | 0              | 0 |  |  |  |  |  |  |  |  |

| PLANNING SEC        |               |                                |                                   |                          |                      |                          |              |                          |                        |   | DAY OF SERVICE SECTION |                           |
|---------------------|---------------|--------------------------------|-----------------------------------|--------------------------|----------------------|--------------------------|--------------|--------------------------|------------------------|---|------------------------|---------------------------|
| Iten                | n A           | Item B                         | m B Item C                        |                          | Item C Item D Item E |                          | m E          | Item F                   | Item G                 | Item H  | Item I                 |                           |
| Menu                | Item          | J                              | Grades K-5 Grades 6-8 Grades 9-12 |                          | es 9-12              |                          |              |                          |                        |   |                        |                           |
|                     |               | Recipe # or<br>Product<br>Name | Portion Size                      | Planned # of<br>Servings | Portion Size         | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared   | # of Portions<br>Leftover |
| Meat/Meat Alternate | •             |                                |                                   |                          |                      |                          |              |                          |                        |   |                        |                           |
| Mac n' Cheese       | with Broccoli | Recipe                         | 1                                 |                          | 1                    |                          | 2            |                          | 0                      | 1 cup (credits as 1 1/2 c)                                      |                        |                           |
|                     |               |                                |                                   |                          |                      |                          |              |                          | 0                      |   |                        |                           |
| Fruit               |               |                                |                                   |                          |                      |                          |              |                          |                        |   |                        |                           |
| Mixed               | Fruit         | USDA                           | 1/2                               |                          | 1/2                  |                          | 1            |                          | 0                      | cup   |                        |                           |
|                     |               |                                |                                   |                          |                      |                          |              |                          | 0                      |   |                        |                           |
| Vegetable           |               |                                |                                   |                          |                      |                          |              |                          |                        |   |                        |                           |
| Red/Orange          | Carrots       | 24617                          | 3/4                               |                          | 3/4                  |                          | 3/4          |                          | 0                      | cup   |                        |                           |
|                     |               |                                |                                   |                          |                      |                          |              |                          | 0                      |   |                        |                           |
|                     |               |                                |                                   |                          |                      |                          |              |                          | 0                      |   |                        |                           |
|                     |               |                                |                                   |                          |                      |                          |              |                          | 0                      |   |                        |                           |
|                     |               |                                |                                   |                          |                      |                          |              |                          | 0                      |   |                        |                           |
| Bread/Grain         |               |                                |                                   |                          |                      |                          |              |                          |                        |   |                        |                           |
| ( Mac n' (          | Cheese )      | 24721                          |                                   |                          |                      |                          |              |                          | 0                      |   |                        |                           |
|                     |               |                                |                                   |                          |                      |                          |              |                          | 0                      |   |                        |                           |
|                     |               |                                |                                   |                          |                      |                          |              |                          | 0                      |   |                        |                           |
| 2 Milk Choices      |               |                                |                                   |                          |                      |                          |              |                          |                        |   |                        |                           |
| Milk, C             | hoc FF        | USDA                           | 1                                 |                          | 1                    |                          | 1            |                          | 0                      |   |                        |                           |
| Milk, U             | HT 1%         | USDA                           | 1                                 |                          | 1                    |                          | 1            |                          | 0                      |   |                        |                           |
| Extras/Condiments   |               |                                |                                   |                          |                      |                          |              |                          |                        |   |                        |                           |
|                     |               |                                |                                   |                          |                      |                          |              |                          | 0                      |   |                        |                           |
|                     |               |                                |                                   |                          |                      |                          |              |                          | 0                      |   |                        |                           |

| Weekly Serving Requirements (5-Day Week) | Grades K-5         | Grades 6-8           | Grades 9-12  |  |  |
|--|--------------------|----------------------|--------------|--|--|
| Fruit                                    | 2½ cups            | 2½ cups              | 5 cups       |  |  |
| Vegetables                               | 3 ¾ cups           | 3 ¾ cups             | 5 cups       |  |  |
| Dark Green                               | ½ cup              | ½ cup                | ½ cup        |  |  |
| Red/Orange                               | ¾ cup              | ¾ cup                | 1 ¼ cups     |  |  |
| Beans/Peas (Legumes)                     | ½ cup              | ½ cup                | ½ cup        |  |  |
| Starchy                                  | ½ cup              | ½ cup                | ½ cup        |  |  |
| Other                                    | ½ cup              | ½ cup                | ¾ cup        |  |  |
| Additional Vegetables to Reach Total     | 1 cup              | 1 cup                | 1 ½ cups     |  |  |
| Grains                                   | 8-9 ounces         | 8-10 ounces          | 10-12 ounces |  |  |
| Meat/Meat Alternates                     | 8-10 ounces        | 9-10 ounces          | 10-12 ounces |  |  |
| Milk*                                    | 5 cups             | 5 cups               | 5 cups       |  |  |
|  | ,                  | Acceptable Milk Choi | ces*         |  |  |
|  |                    | 1% Unflavored        |              |  |  |
|  | Non-Fat Unflavored |                      |              |  |  |
|  | Non-Fat Flavored   |                      |              |  |  |
|  |                    | Non-Fat Powdered     |              |  |  |

Food Based
Production Record

Lunch Week 2 Day 4

## Food Based Production Record

Lunch Week 2 Day 5

#### Food Based Production Record - Lunch Week 2 Day 5

| <u>Menu</u>              | Sit | te:           |                |      |
|--------------------------|-----|---------------|----------------|------|
| Whole Grain Cheese Pizza | Da  | ate:          | Grades Served: | K-12 |
| Pizza Green Beans        | Ur  | nusual Event: |                |      |
| Applesauce               |     |               |                |      |
| Milk                     | Sig | gnature:      |                |      |
|                          |     |               |                |      |

| Number of Meals  |         |        |  |  |  |  |
|------------------|---------|--------|--|--|--|--|
|                  | Planned | Served |  |  |  |  |
| Student Meals    |         |        |  |  |  |  |
| Adult Meals      |         |        |  |  |  |  |
| A la Carte Meals |         |        |  |  |  |  |
| Total Meals      | 0       | 0      |  |  |  |  |

|           | PLANNING SECTION |             |                 |              |                          |              |                          | DAY OF SERVI | CE SECTION               |             |                                    |                      |               |
|-----------|------------------|-------------|-----------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|-------------|------------------------------------|----------------------|---------------|
|           | Item A           | 1           | Item B          | Ite          | m C                      | Ite          | em D                     | Ite          | m E                      | Item F      | Item G                             | Item H               | Item I        |
|           | Menu Ite         | em          | Recipe # or     | Grad         | es K-5                   | Grad         | les 6-8                  | Grade        | es 9-12                  | Total Units | Purchase Unit Food Buying          |                      | # of Portions |
|           |                  |             | Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Planned     | Guide or Manufacturers<br>Analysis | Total Units Prepared | Leftover      |
| Meat/M    | eat Alternate    |             |                 |              |                          |              |                          |              |                          |             |                                    |                      |               |
|           | (4x6 Cheese      | Pizza )     | Schwan's        | 1            |                          | 1            |                          | 1            |                          | 0           | 1 Piece (2 B/G, 2 M/MA)            |                      |               |
|           |                  |             |                 |              |                          |              |                          |              |                          | 0           |                                    |                      |               |
| Fruit     |                  |             |                 |              |                          |              |                          |              |                          |             |                                    |                      |               |
|           | Applesa          | uce         | USDA            | 1            |                          | 1            |                          | 2            |                          | 0           | each                               |                      |               |
|           |                  |             |                 |              |                          |              |                          |              |                          | 0           |                                    |                      |               |
| Vegetabl  | le               |             |                 |              |                          |              |                          |              |                          |             |                                    |                      |               |
| Other     |                  | Green Beans | Recipe I-28     | 1            |                          | 1            |                          | 1            |                          | 0           | cup                                |                      |               |
|           |                  |             |                 |              |                          |              |                          |              |                          | 0           |                                    |                      |               |
|           |                  |             |                 |              |                          |              |                          |              |                          | 0           |                                    |                      |               |
|           |                  |             |                 |              |                          |              |                          |              |                          | 0           |                                    |                      |               |
|           |                  |             |                 |              |                          |              |                          |              |                          | 0           |                                    |                      |               |
| Bread/G   | rain             |             |                 |              |                          |              |                          |              |                          |             |                                    |                      |               |
|           | Cheese F         | Pizza       | Schewan's       | 1            |                          | 1            |                          | 1            |                          | 0           | 1 Piece (2 B/G, 2 M/MA)            |                      |               |
|           |                  |             | -               |              |                          |              |                          |              |                          | 0           |                                    |                      |               |
|           |                  |             |                 |              |                          |              |                          |              |                          | 0           |                                    |                      |               |
| 2 Milk Cl |                  |             | 1               | T            | Г                        | ı            | ı                        | ı            |                          |             | T                                  |                      |               |
|           | Milk, Cho        |             | USDA            | 1            |                          | 1            |                          | 1            |                          | 0           |                                    |                      |               |
|           | Milk, UHT        | 1%          | USDA            | 1            |                          | 1            |                          | 1            |                          | 0           |                                    |                      |               |
| Extras/C  | ondiments        |             |                 | 1            |                          |              |                          |              |                          |             | I                                  |                      |               |
|           |                  |             | -               |              |                          |              |                          |              |                          | 0           |                                    |                      |               |
|           |                  |             |                 |              |                          |              |                          |              |                          | 0           |                                    |                      |               |

| Weekly Serving Requirements (5-Day Week) | Grades K-5               | Grades 6-8       | Grades 9-12  |  |  |
|--|--------------------------|------------------|--------------|--|--|
| Fruit                                    | 2½ cups                  | 2½ cups          | 5 cups       |  |  |
| Vegetables                               | 3 ¾ cups                 | 3 ¾ cups         | 5 cups       |  |  |
| Dark Green                               | ½ cup                    | ½ cup            | ½ cup        |  |  |
| Red/Orange                               | ¾ cup                    | ¾ cup            | 1 ¼ cups     |  |  |
| Beans/Peas (Legumes)                     | ½ cup                    | ½ cup            | ½ cup        |  |  |
| Starchy                                  | ½ cup                    | ½ cup            | ½ cup        |  |  |
| Other                                    | ½ cup                    | ½ cup            | ¾ cup        |  |  |
| Additional Vegetables to Reach Total     | 1 cup                    | 1 cup            | 1 ½ cups     |  |  |
| Grains                                   | 8-9 ounces               | 8-10 ounces      | 10-12 ounces |  |  |
| Meat/Meat Alternates                     | 8-10 ounces              | 9-10 ounces      | 10-12 ounces |  |  |
| Milk*                                    | 5 cups                   | 5 cups           | 5 cups       |  |  |
|  | Acceptable Milk Choices* |                  |              |  |  |
|  |                          | 1% Unflavored    |              |  |  |
|  | Non-Fat Unflavored       |                  |              |  |  |
|  | Non-Fat Flavored         |                  |              |  |  |
|  |                          | Non-Fat Powdered |              |  |  |

#### Food Based Production Record - Lunch Week 3 Day 1

| <u>Menu</u>          |  |
|----------------------|--|
| Meatloaf (2 oz)      |  |
| Crushed Hot Potatoes |  |
| Biscuit              |  |
| Applesauce           |  |
| Milk                 |  |

| Site:          |                |      |
|----------------|----------------|------|
| Date:          | Grades Served: | K-12 |
| Unusual Event: |                |      |
|                |                |      |

Signature:

| Number of Meals |        |  |  |  |  |  |
|-----------------|--------|--|--|--|--|--|
| Planned         | Served |  |  |  |  |  |
|                 |        |  |  |  |  |  |
|                 |        |  |  |  |  |  |
|                 |        |  |  |  |  |  |
| 0               | 0      |  |  |  |  |  |
|                 |        |  |  |  |  |  |

| PLANNING SECTION |               |                                |              |                          |              |                          |              | DAY OF SERVI             | CE SECTION             |  |                      |                          |
|------------------|---------------|--------------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|--|----------------------|--------------------------|
|                  | Item A        | Item B                         | lte          | em C                     | Ite          | em D                     | Ite          | m E                      | Item F                 | Item G   | Item H               | Item I                   |
|                  | Menu Item     |                                | Grad         | les K-5                  | Grad         | les 6-8                  | Grade        | es 9-12                  |                        |  |                      |                          |
|                  |               | Recipe # or<br>Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying Guide or<br>Manufacturers Analysis | Total Units Prepared | # of Portion<br>Leftover |
| Meat/Mea         | at Alternate  |                                |              |                          |              | •                        |              |                          |                        |  |                      |                          |
|                  | Meatloaf      | Recipe                         | 1            |                          | 1            |                          | 1            |                          | 0                      | 2 oz portion   |                      |                          |
|                  |               |                                |              |                          |              |                          |              |                          | 0                      |  |                      |                          |
| ruit             |               |                                |              |                          |              |                          |              |                          |                        |  |                      |                          |
|                  | Applesauce    | USDA                           | 1            |                          | 1            |                          | 2            |                          | 0                      | each   |                      |                          |
|                  |               |                                |              |                          |              |                          |              |                          | 0                      |  |                      |                          |
| /egetable        |               |                                |              |                          |              |                          |              |                          |                        |  |                      |                          |
| Starchy          | Potatoes      | Recipe                         | 2/3          |                          | 2/3          |                          | 1            |                          | 0                      | 2/3 cup (credits as a 1/2 cup)                               |                      |                          |
|                  |               |                                |              |                          |              |                          |              |                          | 0                      |  |                      |                          |
|                  |               |                                |              |                          |              |                          |              |                          | 0                      |  |                      |                          |
|                  |               |                                |              |                          |              |                          |              |                          | 0                      |  |                      |                          |
|                  |               |                                |              |                          |              |                          |              |                          | 0                      |  |                      |                          |
| Bread/Gra        | in            |                                |              |                          |              |                          |              |                          |                        |  |                      |                          |
|                  | Biscuit       | USDA B40                       | 1            |                          | 1            |                          | 1            |                          | 0                      | 2 oz portion   |                      |                          |
|                  |               |                                |              |                          |              |                          |              |                          | 0                      |  |                      |                          |
|                  |               |                                |              |                          |              |                          |              |                          | 0                      |  |                      |                          |
| 2 Milk Cho       |               |                                | 1            | 1                        |              | 1                        |              |                          |                        | T  |                      |                          |
|                  | Milk, Choc FF | USDA                           | 1            |                          | 1            |                          | 1            |                          | 0                      |  |                      |                          |
|                  | Milk, UHT 1 % | USDA                           | 1            |                          | 1            |                          | 1            |                          | 0                      |  |                      |                          |
| Extras/Cor       | ndiments      |                                |              |                          |              |                          |              |                          |                        | T  |                      |                          |
|                  |               |                                |              |                          |              |                          |              |                          | 0                      |  |                      |                          |
|                  |               |                                |              |                          |              |                          |              |                          | 0                      |  |                      |                          |

| Neekly Serving Requirements (5-Day Week) | Grades K-5       | Grades 6-8           | Grades 9-12  |  |  |
|--|------------------|----------------------|--------------|--|--|
| Fruit                                    | 2½ cups          | 2½ cups              | 5 cups       |  |  |
| Vegetables                               | 3 ¾ cups         | 3 ¾ cups             | 5 cups       |  |  |
| Dark Green                               | ½ cup            | ½ cup                | ½ cup        |  |  |
| Red/Orange                               | ¾ cup            | ¾ cup                | 1 ¼ cups     |  |  |
| Beans/Peas (Legumes)                     | ½ cup            | ½ cup                | ½ cup        |  |  |
| Starchy                                  | ½ cup            | ½ cup                | ½ cup        |  |  |
| Other                                    | ½ cup            | ½ cup                | ¾ cup        |  |  |
| Additional Vegetables to Reach Total     | 1 cup            | 1 cup                | 1 ½ cups     |  |  |
| Grains                                   | 8-9 ounces       | 8-10 ounces          | 10-12 ounces |  |  |
| Meat/Meat Alternates                     | 8-10 ounces      | 9-10 ounces          | 10-12 ounces |  |  |
| Milk*                                    | 5 cups           | 5 cups               | 5 cups       |  |  |
|  |                  | Acceptable Milk Choi | ces*         |  |  |
|  |                  | 1% Unflavored        |              |  |  |
|  |                  | Non-Fat Unflavored   | d            |  |  |
|  | Non-Fat Flavored |                      |              |  |  |
|  |                  | Non-Fat Powdered     |              |  |  |



Lunch Week 3 Day 1

## Food Based Production Record

Lunch Week 3 Day 2

#### Food Based Production Record - Lunch Week 3 Day 2

| <u>Menu</u>            | Site:          |                |     |
|------------------------|----------------|----------------|-----|
| Baked Halibut (2.5 oz) | Date:          | Grades Served: | K-1 |
| Broccoli               | Unusual Event: |                |     |
| Brown Rice             |                |                |     |
| Canned Pears           | Signature:     |                |     |
| Milk                   |                |                |     |

| Number of Meals  |         |        |  |  |  |
|------------------|---------|--------|--|--|--|
|                  | Planned | Served |  |  |  |
| Student Meals    |         |        |  |  |  |
| Adult Meals      |         |        |  |  |  |
| A la Carte Meals |         |        |  |  |  |
| Total Meals      | 0       | 0      |  |  |  |

|               | PLANNING SECTION |                                |              |                          |              |                          | DAY OF SERVICE SECTION |                          |                        |   |                      |                           |
|---------------|------------------|--------------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|--------------------------|------------------------|---|----------------------|---------------------------|
|               | Item A           | Item B                         | Ite          | m C                      | Item D       |                          | Ite                    | m E                      | Item F                 | Item G  | Item H               | Item I                    |
|               | Menu Item        |                                | Grad         | es K-5                   | Grad         | les 6-8                  | Grad                   | es 9-12                  |                        |   |                      |                           |
|               |                  | Recipe # or<br>Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size           | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |
| Meat/Meat A   | Alternate        |                                |              |                          |              |                          |                        |                          |                        |   |                      |                           |
|               | Baked Halibut    | Recipe                         | 1            |                          | 1            |                          | 1                      |                          | 0                      | 2.5 oz portion  |                      |                           |
|               |                  |                                |              |                          |              |                          |                        |                          | 0                      |   |                      |                           |
| Fruit         |                  |                                |              |                          |              |                          |                        |                          |                        |   |                      |                           |
|               | Canned Pears     | USDA                           | 1/2          |                          | 1/2          |                          | 1                      |                          | 0                      | cup   |                      |                           |
|               |                  |                                |              |                          |              |                          |                        |                          | 0                      |   |                      |                           |
| Vegetable     |                  |                                |              |                          |              |                          |                        |                          |                        |   |                      |                           |
| Dark Green    | Broccoli         | USDA                           | 3/4          |                          | 3/4          |                          | 1                      |                          | 0                      | cup   |                      |                           |
|               |                  |                                |              |                          |              |                          |                        |                          | 0                      |   |                      |                           |
|               |                  |                                |              |                          |              |                          |                        |                          | 0                      |   |                      |                           |
|               |                  |                                |              |                          |              |                          |                        |                          | 0                      |   |                      |                           |
|               |                  |                                |              |                          |              |                          |                        |                          | 0                      |   |                      |                           |
| Bread/Grain   |                  |                                |              |                          |              |                          |                        |                          |                        |   |                      |                           |
|               | Brown Rice       | USDA                           | 1            |                          | 1            |                          | 1 1/2                  |                          | 0                      | cup   |                      |                           |
|               |                  |                                |              |                          |              |                          |                        |                          | 0                      |   |                      |                           |
|               |                  |                                |              |                          |              |                          |                        |                          | 0                      |   |                      |                           |
| 2 Milk Choice | es .             |                                |              |                          |              |                          |                        |                          |                        |   |                      |                           |
|               | Milk, Choc FF    | USDA                           | 1            |                          | 1            |                          | 1                      |                          | 0                      |   |                      |                           |
|               | Milk, UHT 1 %    | USDA                           | 1            |                          | 1            |                          | 1                      |                          | 0                      |   |                      |                           |
| Extras/Condi  | ments            |                                |              |                          |              |                          |                        |                          |                        |   |                      |                           |
|               |                  |                                |              |                          |              |                          |                        |                          | 0                      |   |                      |                           |
|               |                  |                                |              |                          |              |                          |                        |                          | 0                      |   |                      |                           |

Non-Fat Unflavored
Non-Fat Flavored
Non-Fat Powdered

| /eekly Serving Requirements (5-Day Week) | Grades K-5               | Grades 6-8    | Grades 9-12  |  |  |
|--|--------------------------|---------------|--------------|--|--|
| Fruit                                    | 2½ cups                  | 2½ cups       | 5 cups       |  |  |
| Vegetables                               | 3 ¾ cups                 | 3 ¾ cups      | 5 cups       |  |  |
| Dark Green                               | ½ cup                    | ½ cup         | ½ cup        |  |  |
| Red/Orange                               | ¾ cup                    | ¾ cup         | 1 ¼ cups     |  |  |
| Beans/Peas (Legumes)                     | ½ cup                    | ½ cup         | ½ cup        |  |  |
| Starchy                                  | ½ cup                    | ½ cup         | ½ cup        |  |  |
| Other                                    | ½ cup                    | ½ cup         | ¾ cup        |  |  |
| Additional Vegetables to Reach Total     | 1 cup                    | 1 cup         | 1 ½ cups     |  |  |
| Grains                                   | 8-9 ounces               | 8-10 ounces   | 10-12 ounces |  |  |
| Meat/Meat Alternates                     | 8-10 ounces              | 9-10 ounces   | 10-12 ounces |  |  |
| Milk*                                    | 5 cups                   | 5 cups        | 5 cups       |  |  |
|  | Acceptable Milk Choices* |               |              |  |  |
|  |                          | 1% Unflavored |              |  |  |

#### Food Based Production Record - Lunch Week 3 Day 3

| <u>Menu</u>                        |
|------------------------------------|
| Chicken Fajita with Cheddar Cheese |
| Rocking Red Beans and Salsa        |
| panish Brown Rice and Tortilla     |
| Mixed Fruit                        |
| Лilk                               |

| Site:          |                |      |
|----------------|----------------|------|
| Date:          | Grades Served: | K-12 |
| Unusual Event: |                |      |
|                |                |      |
| Signature:     |                |      |

|                  | Number of Meals |        |
|------------------|-----------------|--------|
|                  | Planned         | Served |
| Student Meals    |                 |        |
| Adult Meals      |                 |        |
| A la Carte Meals |                 |        |
| Total Meals      | 0               | 0      |

|                      | PLANNING SECTION |                             |              |                          |              |                          |              |                          | DAY OF SERVICE SECTION |   |                      |                          |
|----------------------|------------------|-----------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|--------------------------|
| ltem A               |                  | Item B                      | Item C Item  |                          | m D          | Item E                   |              | Item F                   | Item G                 | Item H  | Item I               |                          |
| Menu Ite             | em               |                             | Grad         | es K-5                   | Grad         | es 6-8                   | Grad         | es 9-12                  |                        |   |                      |                          |
|                      |                  | Recipe # or<br>Product Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portion<br>Leftover |
| Meat/Meat Alternate  |                  |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
| Chicken Fajit        | a Strips         | Pilgrim's Pride             | 1            |                          | 1            |                          | 1            |                          | 0                      | 1 1/2 ounce serving   |                      |                          |
| Cheddar Cl           | heese            | USDA                        | 1/2          |                          | 1/2          |                          | 1/2          |                          | 0                      | ounce   |                      |                          |
| Fruit                |                  |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
| Mixed Fr             | ruit             | USDA                        | 1/2          |                          | 1/2          |                          | 1            |                          | 0                      | cup   |                      |                          |
|                      |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
| Vegetable            |                  |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
| Beans/Peas (Legumes) | Red Beans        | Recipe                      | 3/4          |                          | 3/4          |                          | 1            |                          | 0                      | cup   |                      |                          |
| Red/Orange           | Salsa            | SR24765                     | 1/4          |                          | 1/4          |                          | 1/4          |                          | 0                      | cup   |                      |                          |
|                      |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|                      |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|                      |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
| Bread/Grain          |                  |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
| Spanish Brov         | vn Rice          | SR24783                     | 1/2          |                          | 1/2          |                          | 1/2          |                          | 0                      | cup   |                      |                          |
| Tortilla             | 9                | Taco Loco                   | 1            |                          | 1            |                          | 1            |                          | 0                      | 1 tortilla  |                      |                          |
|                      |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
| 2 Milk Choices       |                  |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
| Milk, Cho            | oc FF            | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                          |
| Milk, UHT            | 1 %              | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                          |
| xtras/Condiments     |                  |                             |              |                          |              |                          |              |                          |                        |   |                      |                          |
|                      |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |
|                      |                  |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                          |

| Veekly Serving Requirements (5-Day Week) | Grades K-5  | Grades 6-8  | Grades 9-12  |  |  |  |
|--|---|-------------|--------------|--|--|--|
| Fruit                                    | 2½ cups   | 2½ cups     | 5 cups       |  |  |  |
| Vegetables                               | 3 ¾ cups  | 3 ¾ cups    | 5 cups       |  |  |  |
| Dark Green                               | ½ cup   | ½ cup       | ½ cup        |  |  |  |
| Red/Orange                               | ¾ cup   | ¾ cup       | 1 ¼ cups     |  |  |  |
| Beans/Peas (Legumes)                     | ½ cup   | ½ cup       | ½ cup        |  |  |  |
| Starchy                                  | ½ cup   | ½ cup       | ½ cup        |  |  |  |
| Other                                    | ½ cup   | ½ cup       | ¾ cup        |  |  |  |
| Additional Vegetables to Reach Total     | 1 cup   | 1 cup       | 1 ½ cups     |  |  |  |
| Grains                                   | 8-9 ounces  | 8-10 ounces | 10-12 ounces |  |  |  |
| Meat/Meat Alternates                     | 8-10 ounces   | 9-10 ounces | 10-12 ounces |  |  |  |
| Milk*                                    | 5 cups  | 5 cups      | 5 cups       |  |  |  |
|  | Acceptable Milk Choices*                            |             |              |  |  |  |
|  | 1% Unflavored  Non-Fat Unflavored  Non-Fat Flavored |             |              |  |  |  |
|  |   |             |              |  |  |  |
|  |   |             |              |  |  |  |
|  | Non-Fat Powdered                                    |             |              |  |  |  |



Lunch Week 3 Day 3

## Food Based Production Record

Lunch Week 3 Day 4

Milk

#### Food Based Production Record - Lunch Week 3 Day 4

| Menu                       | Site:          |                |      |
|----------------------------|----------------|----------------|------|
| Barbequed Chicken (2.0 oz) | Date:          | Grades Served: | K-12 |
| Sweet Potato Fries         | Unusual Event: |                |      |
| Cornbread                  |                |                |      |
| Canned Peaches             | Signature:     |                |      |
| Milk                       |                |                |      |

| Number of Meals  |         |        |  |  |  |  |  |
|------------------|---------|--------|--|--|--|--|--|
|                  | Planned | Served |  |  |  |  |  |
| Student Meals    |         |        |  |  |  |  |  |
| Adult Meals      |         |        |  |  |  |  |  |
| A la Carte Meals |         |        |  |  |  |  |  |
| Total Meals      | 0       | 0      |  |  |  |  |  |

|                | PLANNING SECTION   |                             |              |                          |              |                          |              | DAY OF SERVI             | CE SECTION             |   |                      |                           |
|----------------|--------------------|-----------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|---------------------------|
|                | Item A             | Item B                      | Ite          | m C                      | Ite          | m D                      | Ite          | m E                      | Item F                 | Item G  | Item H               | Item I                    |
|                | Menu Item          |                             | Grad         | es K-5                   | Grad         | les 6-8                  | Grade        | es 9-12                  |                        |   |                      |                           |
|                |                    | Recipe # or<br>Product Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |
| Meat/Meat Al   | Iternate           |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
| [              | Barbecued Chicken  | Recipe D110                 | 1            |                          | 1            |                          | 1            |                          | 0                      | 2 oz portion  |                      |                           |
|                |                    |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Fruit          |                    |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
|                | Canned Peaches     | USDA                        | 1/2          |                          | 1/2          |                          | 1            |                          | 0                      | cup   |                      |                           |
|                |                    |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Vegetable      |                    |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
| Red/Orange     | Sweet Potato Fries | Simplot                     | 3/4          |                          | 3/4          |                          | 1            |                          | 0                      | cup   |                      |                           |
|                |                    |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                |                    |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                |                    |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                |                    |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Bread/Grain    |                    |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
|                | Cornbread          | Recipe B90                  | 1            |                          | 1            |                          | 2            |                          | 0                      | 1.0 oz pieces   |                      |                           |
|                |                    |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                |                    |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| 2 Milk Choices | S                  |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
|                | Milk, Choc FF      | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
|                | Milk , UHT 1 %     | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
| Extras/Condin  | nents              |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
|                |                    |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                |                    |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |

| Weekly Serving Requirements (5-Day Week) | Grades K-5         | Grades 6-8           | Grades 9-12  |  |  |
|--|--------------------|----------------------|--------------|--|--|
| Fruit                                    | 2½ cups            | 2½ cups              | 5 cups       |  |  |
| Vegetables                               | 3 ¾ cups           | 3 ¾ cups             | 5 cups       |  |  |
| Dark Green                               | ½ cup              | ½ cup                | ½ cup        |  |  |
| Red/Orange                               | ¾ cup              | ¾ cup                | 1 ¼ cups     |  |  |
| Beans/Peas (Legumes)                     | ½ cup              | ½ cup                | ½ cup        |  |  |
| Starchy                                  | ½ cup              | ½ cup                | ½ cup        |  |  |
| Other                                    | ½ cup              | ½ cup                | ¾ cup        |  |  |
| Additional Vegetables to Reach Total     | 1 cup              | 1 cup                | 1 ½ cups     |  |  |
| Grains                                   | 8-9 ounces         | 8-10 ounces          | 10-12 ounces |  |  |
| Meat/Meat Alternates                     | 8-10 ounces        | 9-10 ounces          | 10-12 ounces |  |  |
| Milk*                                    | 5 cups             | 5 cups               | 5 cups       |  |  |
|  | ,                  | Acceptable Milk Choi | ces*         |  |  |
|  | 1% Unflavored      |                      |              |  |  |
|  | Non-Fat Unflavored |                      |              |  |  |
|  | Non-Fat Flavored   |                      |              |  |  |
|  |                    | Non-Fat Powdered     |              |  |  |

#### Food Based Production Record - Lunch Week 3 Day 5

| <u>Menu</u>              |
|--------------------------|
| Spaghetti and Meat Sauce |
| Mixed Vegetables         |
| Applesauce               |
| Milk                     |
|                          |

| Site:          |                |      |
|----------------|----------------|------|
| Date:          | Grades Served: | K-12 |
| Unusual Event: |                |      |
|                |                |      |
| Signature:     |                |      |

| Number of Meals  |         |        |  |  |  |  |  |  |  |
|------------------|---------|--------|--|--|--|--|--|--|--|
|                  | Planned | Served |  |  |  |  |  |  |  |
| Student Meals    |         |        |  |  |  |  |  |  |  |
| Adult Meals      |         |        |  |  |  |  |  |  |  |
| A la Carte Meals |         |        |  |  |  |  |  |  |  |
| Total Meals      | 0       | 0      |  |  |  |  |  |  |  |

| PLANNING SECTION |                      |                             |              |                          |              |                          |              |                          |                        | DAY OF SERVI  | CE SECTION           |                           |
|------------------|----------------------|-----------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|---------------------------|
|                  | Item A               | Item B Item C               |              | Item D Item E            |              | Item F                   | Item G       | Item H                   | Item I                 |   |                      |                           |
| Menu Item        |                      |                             | Grades K-5   |                          | Grades 6-8   |                          | Grades 9-12  |                          |                        |   |                      |                           |
|                  |                      | Recipe # or<br>Product Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |
| Meat/Meat        | Alternate            |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
| Spag             | hetti and Meat Sauce | Recipe D-35                 | 1            |                          | 1            |                          | 2            |                          | 0                      | cup   |                      |                           |
|                  |                      |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Fruit            |                      |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
|                  | Applesauce           | USDA                        | 1            |                          | 1            |                          | 2            |                          | 0                      | each  |                      |                           |
|                  |                      |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Vegetable        |                      |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
| Other            | Mix Veg.             |                             | 1/2          |                          | 1/2          |                          | 1            |                          | 0                      | cup   |                      |                           |
|                  |                      |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                  |                      |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                  |                      |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                  |                      |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Bread/Grain      | 1                    |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
|                  | (Spaghetti)          | USDA                        |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                  |                      |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                  |                      |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| 2 Milk Choic     | es                   |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
|                  | Milk, Choc FF        | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
|                  | Milk , UHT 1 %       | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
| Extras/Cond      | liments              |                             |              |                          |              |                          |              |                          |                        |   |                      |                           |
|                  |                      |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                  |                      |                             |              |                          |              |                          |              |                          | 0                      |   |                      |                           |

| Weekly Serving Requirements (5-Day Week) | Grades K-5               | Grades 6-8  | Grades 9-12  |  |  |  |
|--|--------------------------|-------------|--------------|--|--|--|
| Fruit                                    | 2½ cups                  | 2½ cups     | 5 cups       |  |  |  |
| Vegetables                               | 3 ¾ cups                 | 3 ¾ cups    | 5 cups       |  |  |  |
| Dark Green                               | ½ cup                    | ½ cup ½ cup |              |  |  |  |
| Red/Orange                               | ¾ cup                    | ¾ cup       | 1 ¼ cups     |  |  |  |
| Beans/Peas (Legumes)                     | ½ cup                    | ½ cup       | ½ cup        |  |  |  |
| Starchy                                  | ½ cup                    | ½ cup       | ½ cup        |  |  |  |
| Other                                    | ½ cup                    | ½ cup ½ cup |              |  |  |  |
| Additional Vegetables to Reach Total     | 1 cup                    | cup 1 cup   |              |  |  |  |
| Grains                                   | 8-9 ounces               | 8-10 ounces | 10-12 ounces |  |  |  |
| Meat/Meat Alternates                     | 8-10 ounces              | 9-10 ounces | 10-12 ounces |  |  |  |
| Milk*                                    | 5 cups                   | 5 cups      | 5 cups       |  |  |  |
|  | Acceptable Milk Choices* |             |              |  |  |  |
|  | 1% Unflavored            |             |              |  |  |  |
|  | Non-Fat Unflavored       |             |              |  |  |  |
|  | Non-Fat Flavored         |             |              |  |  |  |
|  | Non-Fat Powdered         |             |              |  |  |  |



Lunch Week 3 Day 5

## Food Based Production Record

Lunch Week 4 Day 1

#### Food Based Production Record - Lunch Week 4 Day 1

| <u>Menu</u>                | Site:          |                |      |
|----------------------------|----------------|----------------|------|
| opy Joes                   | Date:          | Grades Served: | K-12 |
| ole Grain Roll             | Unusual Event: |                |      |
| ed Beans                   | ·              |                |      |
| ned Peaches                | Signature:     |                |      |
| k                          | ·              |                |      |
| ole Grain Roll<br>ed Beans | Unusual Event: | Grades Served: | K-12 |

| Number of Meals  |         |        |  |  |  |  |  |
|------------------|---------|--------|--|--|--|--|--|
|                  | Planned | Served |  |  |  |  |  |
| Student Meals    |         |        |  |  |  |  |  |
| Adult Meals      |         |        |  |  |  |  |  |
| A la Carte Meals |         |        |  |  |  |  |  |
| Total Meals      | 0       | 0      |  |  |  |  |  |

| PLANNING SECTION     |                             |             |                   |                          |              |                          |              |                          |                        | DAY OF SERVICE SECTION  |                      |                           |
|----------------------|-----------------------------|-------------|-------------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|---------------------------|
| Item A               |                             | Item B      | m B Item C Item D |                          | m D          | Item E                   |              | Item F                   | Item G                 | Item H  | Item I               |                           |
| Menu Item            |                             |             | Grad              | les K-5                  | Grad         | les 6-8                  | Grade        | es 9-12                  |                        |   |                      |                           |
|                      | Recipe # or<br>Product Name |             | Portion Size      | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |
| Meat/Meat Alternate  |                             |             |                   |                          |              |                          |              |                          |                        |   |                      |                           |
| Sloppy J             | oe                          | Recipe F-05 | 1/3               |                          | 1/3          |                          | 1/3          |                          | 0                      | cup or 1 #12 scoop  |                      |                           |
|                      |                             |             |                   |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Fruit                |                             |             |                   |                          |              |                          |              |                          |                        |   |                      |                           |
| Canned Pe            | aches                       | USDA        | 1/2               |                          | 1/2          |                          | 1            |                          | 0                      | cup   |                      |                           |
|                      |                             |             |                   |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Vegetable            |                             |             |                   |                          |              |                          |              |                          |                        |   |                      |                           |
| Beans/Peas (Legumes) | Baked Beans                 | Recipe I-06 | 1/2               |                          | 1/2          |                          | 3/4          |                          | 0                      | cup   |                      |                           |
|                      |                             |             |                   |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                      |                             |             |                   |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                      |                             |             |                   |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                      |                             |             |                   |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Bread/Grain          |                             |             |                   |                          |              |                          |              |                          |                        |   |                      |                           |
| Whole Gra            | in Roll                     | Recipe F-05 | 1                 |                          | 1            |                          | 1            |                          | 0                      | 1 each  |                      |                           |
|                      |                             |             |                   |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                      |                             |             |                   |                          |              |                          |              |                          | 0                      |   |                      |                           |
| 2 Milk Choices       |                             |             |                   |                          |              |                          |              |                          |                        |   |                      |                           |
| Milk, Cho            | oc FF                       | USDA        | 1                 |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
| Milk, UHT            | 1 %                         | USDA        | 1                 |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
| Extras/Condiments    |                             |             |                   |                          |              |                          |              |                          |                        |   |                      |                           |
|                      | ·                           |             |                   |                          |              |                          |              |                          | 0                      |   |                      |                           |
| ·                    |                             |             |                   |                          |              |                          |              |                          | 0                      |   |                      |                           |

| Grades K-5         | Grades 6-8   | Grades 9-12  |  |  |  |
|--------------------|--|--|--|--|--|
| 2½ cups            | 2½ cups  | 5 cups   |  |  |  |
| 3 ¾ cups           | 3 ¾ cups   | 5 cups   |  |  |  |
| ½ cup              | ½ cup  | ½ cup  |  |  |  |
| ¾ cup              | ¾ cup  | 1 ¼ cups   |  |  |  |
| ½ cup              | ½ cup  | ½ cup  |  |  |  |
| ½ cup              | ½ cup  | ½ cup  |  |  |  |
| ½ cup              | ½ cup  | ¾ cup  |  |  |  |
| 1 cup              | 1 cup  | 1 ½ cups   |  |  |  |
| 8-9 ounces         | 8-10 ounces  | 10-12 ounces   |  |  |  |
| 8-10 ounces        | 9-10 ounces  | 10-12 ounces   |  |  |  |
| 5 cups             | 5 cups   | 5 cups   |  |  |  |
|                    | Acceptable Milk Choice   | ces*   |  |  |  |
| 1% Unflavored      |  |  |  |  |  |
| Non-Fat Unflavored |  |  |  |  |  |
| Non-Fat Flavored   |  |  |  |  |  |
| Non-Fat Powdered   |  |  |  |  |  |
|                    | 2½ cups 3 ½ cups ½ cup ½ cup ½ cup ½ cup ½ cup ½ cup 5 cup 1 cup 8-9 ounces 8-10 ounces 5 cups | 2% cups  3 % cups  3 % cup  1 cup  1 cup  8-9 ounces  8-10 ounces  5 cups  Acceptable Milk Choic  1% Unflavored  Non-Fat Unflavored |  |  |  |

#### Food Based Production Record - Lunch Week 4 Day 2

| Menu                        |  |
|-----------------------------|--|
| Mac n' Cheese with Broccoli |  |
| Carrots                     |  |
| Mixed Fruit                 |  |
| Milk                        |  |
|                             |  |

| Site:          |                |      |
|----------------|----------------|------|
| Date:          | Grades Served: | K-12 |
| Unusual Event: |                |      |
|                |                |      |
| Signature:     |                |      |

| Number of Meals  |         |        |  |  |  |  |  |
|------------------|---------|--------|--|--|--|--|--|
|                  | Planned | Served |  |  |  |  |  |
| Student Meals    |         |        |  |  |  |  |  |
| Adult Meals      |         |        |  |  |  |  |  |
| A la Carte Meals |         |        |  |  |  |  |  |
| Total Meals      | 0       | 0      |  |  |  |  |  |

| PLANNING SECTION |                  |                                |              |                          |                        |                          | DAY OF SERVI | CE SECTION               |                        |  |                      |                          |
|------------------|------------------|--------------------------------|--------------|--------------------------|------------------------|--------------------------|--------------|--------------------------|------------------------|--|----------------------|--------------------------|
| ŀ                | tem A            | Item B                         | Ite          | m C                      | Ite                    | em D                     | Ite          | m E                      | Item F                 | Item G   | Item H               | Item I                   |
| Me               | enu Item         |                                | Grades K-5   |                          | Grades 6-8 Grades 9-12 |                          |              | es 9-12                  |                        |  |                      |                          |
|                  |                  | Recipe # or<br>Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size           | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers Analysis | Total Units Prepared | # of Portion<br>Leftover |
| Meat/Meat Altern | ate              |                                |              |                          |                        |                          |              |                          |                        |  |                      |                          |
| Mac n' Chee      | se with Broccoli | Recipe                         | 1            |                          | 1                      |                          | 2            |                          | 0                      | 1 cup (credits as 1 1/2 c)                                   |                      |                          |
|                  |                  |                                |              |                          |                        |                          |              |                          | 0                      |  |                      |                          |
| ruit             |                  |                                |              |                          |                        |                          |              |                          |                        |  |                      |                          |
| Mixe             | ed Fruit         | USDA                           | 1/2          |                          | 1/2                    |                          | 1            |                          | 0                      | cup  |                      |                          |
|                  |                  |                                |              |                          |                        |                          |              |                          | 0                      |  |                      |                          |
| /egetable        |                  |                                |              |                          |                        |                          |              |                          |                        |  |                      |                          |
| Red/Orange       | Carrots          | 24617                          | 3/4          |                          | 3/4                    |                          | 3/4          |                          | 0                      | cup  |                      |                          |
|                  |                  |                                |              |                          |                        |                          |              |                          | 0                      |  |                      |                          |
|                  |                  |                                |              |                          |                        |                          |              |                          | 0                      |  |                      |                          |
|                  |                  |                                |              |                          |                        |                          |              |                          | 0                      |  |                      |                          |
|                  |                  |                                |              |                          |                        |                          |              |                          | 0                      |  |                      |                          |
| Bread/Grain      |                  |                                |              |                          |                        |                          |              |                          |                        |  |                      |                          |
| ( Mac r          | n' Cheese )      | 24721                          |              |                          |                        |                          |              |                          | 0                      |  |                      |                          |
|                  |                  |                                |              |                          |                        |                          |              |                          | 0                      |  |                      |                          |
|                  |                  |                                |              |                          |                        |                          |              |                          | 0                      |  |                      |                          |
| 2 Milk Choices   |                  |                                |              |                          |                        |                          |              |                          |                        |  |                      |                          |
| Milk,            | Choc FF          | USDA                           | 1            |                          | 1                      |                          | 1            |                          | 0                      |  |                      |                          |
| Milk,            | UHT 1%           | USDA                           | 1            |                          | 1                      |                          | 1            |                          | 0                      |  |                      |                          |
| xtras/Condiments | 5                |                                |              |                          |                        |                          |              |                          |                        |  |                      |                          |
|                  |                  |                                |              |                          |                        |                          |              |                          | 0                      |  |                      |                          |
|                  |                  |                                |              |                          |                        |                          |              |                          | 0                      |  |                      |                          |

| Neekly Serving Requirements (5-Day Week) | Grades K-5                             | Grades 6-8            | Grades 9-12  |  |  |
|--|--|-----------------------|--------------|--|--|
| Fruit                                    | 2½ cups                                | 2½ cups               | 5 cups       |  |  |
| Vegetables                               | 3 ¾ cups                               | 3 ¾ cups              | 5 cups       |  |  |
| Dark Green                               | ½ cup                                  | ½ cup                 | ½ cup        |  |  |
| Red/Orange                               | ¾ cup                                  | ¾ cup                 | 1 ¼ cups     |  |  |
| Beans/Peas (Legumes)                     | ½ cup                                  | ½ cup                 | ½ cup        |  |  |
| Starchy                                  | ½ cup                                  | ½ cup                 | ½ cup        |  |  |
| Other                                    | ½ cup                                  | ½ cup                 | ¾ cup        |  |  |
| Additional Vegetables to Reach Total     | 1 cup                                  | 1 cup                 | 1 ½ cups     |  |  |
| Grains                                   | 8-9 ounces                             | 8-10 ounces           | 10-12 ounces |  |  |
| Meat/Meat Alternates                     | 8-10 ounces                            | 9-10 ounces           | 10-12 ounces |  |  |
| Milk*                                    | 5 cups                                 | 5 cups                | 5 cups       |  |  |
|  |  | Acceptable Milk Choic | ces*         |  |  |
|  |  | 1% Unflavored         |              |  |  |
|  | Non-Fat Unflavored<br>Non-Fat Flavored |                       |              |  |  |
|  |  |                       |              |  |  |
|  | Non-Fat Powdered                       |                       |              |  |  |



# Food Based Production Record

Lunch Week 4 Day 3

## Food Based Production Record - Lunch Week 4 Day 3

K-12

| <u>Menu</u>                 | Site:          |                |
|-----------------------------|----------------|----------------|
| Oven Fried Chicken (2.0 oz) | Date:          | Grades Served: |
| Biscuit                     | Unusual Event: |                |
| Broccoli                    |                |                |
| Strawberry Cup              | Signature:     |                |
| Milk                        |                |                |

| Number of Meals  |         |        |  |  |  |  |
|------------------|---------|--------|--|--|--|--|
|                  | Planned | Served |  |  |  |  |
| Student Meals    |         |        |  |  |  |  |
| Adult Meals      |         |        |  |  |  |  |
| A la Carte Meals |         |        |  |  |  |  |
| Total Meals      | 0       | 0      |  |  |  |  |

| PLANNING SECTION |                  |                             |                      |                          |                      |                          |                   | DAY OF SERVI             | CE SECTION             |   |                      |                           |
|------------------|------------------|-----------------------------|----------------------|--------------------------|----------------------|--------------------------|-------------------|--------------------------|------------------------|---|----------------------|---------------------------|
|                  | Item A           | Item B                      | lte                  | em C                     | lte                  | m D                      | lte               | em E                     | Item F                 | Item G  | Item H               | Item I                    |
|                  | Menu Item        | Recipe # or<br>Product Name | Grad<br>Portion Size | Planned # of<br>Servings | Grad<br>Portion Size | Planned # of<br>Servings | Grad Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |
| Meat/Meat A      | Alternate        |                             |                      |                          |                      |                          |                   |                          |                        |   |                      |                           |
| Ove              | en Fried Chicken | Recipe D-29                 | 1                    |                          | 1                    |                          | 1                 |                          | 0                      | 2 oz portion  |                      |                           |
|                  |                  |                             |                      |                          |                      |                          |                   |                          | 0                      |   |                      |                           |
| Fruit            |                  |                             |                      |                          |                      |                          |                   |                          |                        |   |                      |                           |
| S                | trawberry Cup    | USDA                        | 1                    |                          | 1                    |                          | 2                 |                          | 0                      | each  |                      |                           |
|                  |                  |                             |                      |                          |                      |                          |                   |                          | 0                      |   |                      |                           |
| Vegetable        |                  |                             |                      |                          |                      |                          |                   |                          |                        |   |                      |                           |
| Dark Green       | Broccoli         | USDA                        | 3/4                  |                          | 3/4                  |                          | 1                 |                          | 0                      | cup   |                      |                           |
|                  |                  |                             |                      |                          |                      |                          |                   |                          | 0                      |   |                      |                           |
|                  |                  |                             |                      |                          |                      |                          |                   |                          | 0                      |   |                      |                           |
|                  |                  |                             |                      |                          |                      |                          |                   |                          | 0                      |   |                      |                           |
|                  |                  |                             |                      |                          |                      |                          |                   |                          | 0                      |   |                      |                           |
| Bread/Grain      |                  |                             |                      |                          |                      |                          |                   |                          |                        |   |                      |                           |
|                  | Biscuit          | Recipe B40                  | 1                    |                          | 1                    |                          | 1                 |                          | 0                      | 2 oz portion  |                      |                           |
|                  |                  |                             |                      |                          |                      |                          |                   |                          | 0                      |   |                      |                           |
|                  |                  |                             |                      |                          |                      |                          |                   |                          | 0                      |   |                      |                           |
| 2 Milk Choice    |                  |                             |                      |                          |                      |                          |                   |                          |                        |   |                      |                           |
|                  | Milk, Choc FF    | USDA                        | 1                    |                          | 1                    |                          | 1                 |                          | 0                      |   |                      |                           |
|                  | Milk, UHT 1 %    | USDA                        | 1                    |                          | 1                    |                          | 1                 |                          | 0                      |   |                      |                           |
| Extras/Condi     | ments            |                             |                      |                          | _                    |                          |                   |                          |                        |   |                      |                           |
|                  |                  |                             |                      |                          |                      |                          |                   |                          | 0                      |   |                      |                           |
|                  |                  |                             |                      |                          |                      |                          |                   |                          | 0                      |   |                      |                           |

| Grades K-5         | Grades 6-8   | Grades 9-12   |  |  |
|--------------------|--|---|--|--|
| 2½ cups            | 2½ cups  | 5 cups  |  |  |
| 3 ¾ cups           | 3 ¾ cups   | 5 cups  |  |  |
| ½ cup              | ½ cup  | ½ cup   |  |  |
| ¾ cup              | ¾ cup  | 1 ¼ cups  |  |  |
| ½ cup              | ½ cup  | ½ cup   |  |  |
| ½ cup              | ½ cup  | ½ cup   |  |  |
| ½ cup              | ½ cup  | ¾ cup   |  |  |
| 1 cup              | 1 cup  | 1 ½ cups  |  |  |
| 8-9 ounces         | 8-10 ounces  | 10-12 ounces  |  |  |
| 8-10 ounces        | 9-10 ounces  | 10-12 ounces  |  |  |
| 5 cups             | 5 cups   | 5 cups  |  |  |
|                    | Acceptable Milk Choice   | ces*  |  |  |
|                    | 1% Unflavored  |   |  |  |
| Non-Fat Unflavored |  |   |  |  |
| Non-Fat Flavored   |  |   |  |  |
|                    | Non-Fat Powdered   |   |  |  |
|                    | 2½ cups 3 ½ cups ½ cup ½ cup ½ cup ½ cup ½ cup ½ cup 5 cup 5 cup 8-9 ounces 5 cups | 2½ cups         2½ cups           3½ cups         3½ cups           ½ cup         ½ cup           1 cup         1 cup           8-9 ounces         8-10 ounces           8-10 ounces         9-10 ounces           5 cups         5 cups           Acceptable Milk Choice           1% Unflavored         Non-Fat Unflavored           Non-Fat Flavored |  |  |

## Food Based Production Record - Lunch

| <u>Menu</u>                       |
|-----------------------------------|
| Sweet and Sour Fish Sticks (2 oz) |
| Corn                              |
| Brown Rice                        |
| Canned Pears                      |
| Milk                              |

| Site:          |                |      |
|----------------|----------------|------|
| Date:          | Grades Served: | K-12 |
| Unusual Event: |                |      |
|                |                |      |
| Signature:     |                |      |

| Number of Meals  |         |        |  |  |  |  |
|------------------|---------|--------|--|--|--|--|
|                  | Planned | Served |  |  |  |  |
| Student Meals    |         |        |  |  |  |  |
| Adult Meals      |         |        |  |  |  |  |
| A la Carte Meals |         |        |  |  |  |  |
| Total Meals      | 0       | 0      |  |  |  |  |

|                 |                  |                                |              | PLANN                    | IING SECTION | ON                       |              |                          |                        |   | DAY OF SERVI         | CE SECTION                |
|-----------------|------------------|--------------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|---|----------------------|---------------------------|
|                 | Item A           | Item B                         | Ite          | m C                      | Ite          | em D                     | Ite          | m E                      | Item F                 | Item G  | Item H               | Item I                    |
| N               | Menu Item        | Darler #                       | Grad         | es K-5                   | Grad         | des 6-8                  | Grade        | es 9-12                  |                        | Dombood Holy Soud S.  |                      |                           |
|                 |                  | Recipe # or<br>Product<br>Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Purchase Unit Food Buying<br>Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |
| Meat/Meat Alter | nate             |                                |              |                          |              |                          |              |                          |                        |   |                      |                           |
| Sweet and       | Sour Fish Sticks | Recipe                         | 1            |                          | 1            |                          | 1            |                          | 0                      | 2 oz portion  |                      |                           |
|                 |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Fruit           |                  |                                |              |                          |              |                          |              |                          |                        |   |                      |                           |
| Can             | ned Pears        | USDA                           | 1/2          |                          | 1/2          |                          | 1            |                          | 0                      | cup   |                      |                           |
|                 |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Vegetable       |                  |                                |              |                          |              |                          |              |                          |                        |   |                      |                           |
| Starchy         | Corn             | USDA                           | 3/4          |                          | 3/4          |                          | 1            |                          | 0                      | cup   |                      |                           |
|                 |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                 |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                 |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                 |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| Bread/Grain     |                  |                                |              |                          |              |                          |              |                          |                        |   |                      |                           |
| Bro             | own Rice         | USDA                           | 1/2          |                          | 1/2          |                          | 1            |                          | 0                      | cup   |                      |                           |
|                 |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                 |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
| 2 Milk Choices  |                  | _                              |              |                          |              |                          |              |                          |                        |   |                      |                           |
| Mill            | k, Choc FF       | USDA                           | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
| Milk            | , UHT 1 %        | USDA                           | 1            |                          | 1            |                          | 1            |                          | 0                      |   |                      |                           |
| Extras/Condimen | ts               |                                |              |                          |              |                          |              |                          |                        |   |                      |                           |
|                 |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |
|                 |                  |                                |              |                          |              |                          |              |                          | 0                      |   |                      |                           |

| Weekly Serving Requirements (5-Day Week) | Grades K-5         | Grades 6-8            | Grades 9-12  |  |  |  |  |
|--|--------------------|-----------------------|--------------|--|--|--|--|
| Fruit                                    | 2½ cups            | 2½ cups               | 5 cups       |  |  |  |  |
| Vegetables                               | 3 ¾ cups           | 3 ¾ cups              | 5 cups       |  |  |  |  |
| Dark Green                               | ½ cup              | ½ cup                 | ½ cup        |  |  |  |  |
| Red/Orange                               | ¾ cup              | ¾ cup                 | 1 ¼ cups     |  |  |  |  |
| Beans/Peas (Legumes)                     | ½ cup              | ½ cup                 | ½ cup        |  |  |  |  |
| Starchy                                  | ½ cup              | ½ cup                 | ½ cup        |  |  |  |  |
| Other                                    | ½ cup              | ½ cup                 | ¾ cup        |  |  |  |  |
| Additional Vegetables to Reach Total     | 1 cup              | 1 cup                 | 1 ½ cups     |  |  |  |  |
| Grains                                   | 8-9 ounces         | 8-10 ounces           | 10-12 ounces |  |  |  |  |
| Meat/Meat Alternates                     | 8-10 ounces        | 9-10 ounces           | 10-12 ounces |  |  |  |  |
| Milk*                                    | 5 cups             | 5 cups                | 5 cups       |  |  |  |  |
|  | ,                  | Acceptable Milk Choic | ces*         |  |  |  |  |
|  |                    | 1% Unflavored         |              |  |  |  |  |
|  | Non-Fat Unflavored |                       |              |  |  |  |  |
|  |                    | Non-Fat Flavored      |              |  |  |  |  |
|  |                    | Non-Fat Powdered      |              |  |  |  |  |



Lunch Week 4 Day 4

# Food Based Production Record

Lunch Week 4 Day 5

## Food Based Production Record - Lunch Week 4 Day 5

| <u>Menu</u>              | Site:        |                |      |
|--------------------------|--------------|----------------|------|
| Whole Grain Cheese Pizza | Date:        | Grades Served: | K-12 |
| Pizza Green Beans        | Unusual Even | t:             |      |
| Applesauce               |              |                |      |
| Milk                     | Signature:   |                |      |
|                          | <u></u>      |                |      |

|                  | Number of Meals |        |
|------------------|-----------------|--------|
|                  | Planned         | Served |
| Student Meals    |                 |        |
| Adult Meals      |                 |        |
| A la Carte Meals |                 |        |
| Total Meals      | 0               | 0      |

|                     |                             |              | PLAN                     | NING SECTI   | ON                       |              |                          |                        |                                    | DAY OF SERVI         | CE SECTION                |
|---------------------|-----------------------------|--------------|--------------------------|--------------|--------------------------|--------------|--------------------------|------------------------|------------------------------------|----------------------|---------------------------|
| Item A              | Item B                      | Ite          | m C                      | Ite          | m D                      | Ite          | m E                      | Item F                 | Item G                             | Item H               | Item I                    |
| Menu Item           |                             | Grad         | es K-5                   | Grad         | les 6-8                  | Grade        | es 9-12                  |                        | Purchase Unit Food Buying          |                      |                           |
|                     | Recipe # or<br>Product Name | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Portion Size | Planned # of<br>Servings | Total Units<br>Planned | Guide or Manufacturers<br>Analysis | Total Units Prepared | # of Portions<br>Leftover |
| Meat/Meat Alternate |                             |              |                          |              |                          |              |                          |                        |                                    |                      |                           |
| (4x6 Cheese Pizza ) | Schwan's                    | 1            |                          | 1            |                          | 1            |                          | 0                      | 1 Piece (2 B/G, 2 M/MA)            |                      |                           |
|                     |                             |              |                          |              |                          |              |                          | 0                      |                                    |                      |                           |
| Fruit               |                             |              |                          |              |                          |              |                          |                        |                                    |                      |                           |
| Applesauce          | USDA                        | 1            |                          | 1            |                          | 2            |                          | 0                      | each                               |                      |                           |
|                     |                             |              |                          |              |                          |              |                          | 0                      |                                    |                      |                           |
| Vegetable           |                             |              |                          |              |                          |              |                          |                        |                                    |                      |                           |
| Other Green Beans   | Recipe I-28                 | 1            |                          | 1            |                          | 1            |                          | 0                      | cup                                |                      |                           |
|                     |                             |              |                          |              |                          |              |                          | 0                      |                                    |                      |                           |
|                     |                             |              |                          |              |                          |              |                          | 0                      |                                    |                      |                           |
|                     |                             |              |                          |              |                          |              |                          | 0                      |                                    |                      |                           |
|                     |                             |              |                          |              |                          |              |                          | 0                      |                                    |                      |                           |
| Bread/Grain         |                             |              |                          |              |                          |              |                          |                        |                                    |                      |                           |
| Cheese Pizza        | Schwan's                    | 1            |                          | 1            |                          | 1            |                          | 0                      | 1 Piece (2 B/G, 2 M/MA)            |                      |                           |
|                     |                             |              |                          |              |                          |              |                          | 0                      |                                    |                      |                           |
|                     |                             |              |                          |              |                          |              |                          | 0                      |                                    |                      |                           |
| 2 Milk Choices      |                             |              |                          |              |                          |              |                          |                        |                                    |                      |                           |
| Milk, Choc FF       | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |                                    |                      |                           |
| Milk, UHT 1 %       | USDA                        | 1            |                          | 1            |                          | 1            |                          | 0                      |                                    |                      |                           |
| Extras/Condiments   |                             |              |                          |              |                          |              |                          |                        |                                    |                      |                           |
|                     |                             |              |                          |              |                          |              |                          | 0                      |                                    |                      |                           |
|                     |                             |              |                          |              |                          |              |                          | 0                      |                                    |                      |                           |

| Weekly Serving Requirements (5-Day Week) | Grades K-5         | Grades 6-8             | Grades 9-12  |  |  |  |  |
|--|--------------------|------------------------|--------------|--|--|--|--|
| Fruit                                    | 2½ cups            | 2½ cups                | 5 cups       |  |  |  |  |
| Vegetables                               | 3 ¾ cups           | 3 ¾ cups               | 5 cups       |  |  |  |  |
| Dark Green                               | ½ cup              | ½ cup                  | ½ cup        |  |  |  |  |
| Red/Orange                               | ¾ cup              | ¾ cup                  | 1 ¼ cups     |  |  |  |  |
| Beans/Peas (Legumes)                     | ½ cup              | ½ cup                  | ½ cup        |  |  |  |  |
| Starchy                                  | ½ cup              | ½ cup                  | ½ cup        |  |  |  |  |
| Other                                    | ½ cup              | ½ cup                  | ¾ cup        |  |  |  |  |
| Additional Vegetables to Reach Total     | 1 cup              | 1 cup                  | 1 ½ cups     |  |  |  |  |
| Grains                                   | 8-9 ounces         | 8-10 ounces            | 10-12 ounces |  |  |  |  |
| Meat/Meat Alternates                     | 8-10 ounces        | 9-10 ounces            | 10-12 ounces |  |  |  |  |
| Milk*                                    | 5 cups             | 5 cups                 | 5 cups       |  |  |  |  |
|  |                    | Acceptable Milk Choice | ces*         |  |  |  |  |
|  |                    | 1% Unflavored          |              |  |  |  |  |
|  | Non-Fat Unflavored |                        |              |  |  |  |  |
|  |                    | Non-Fat Flavored       |              |  |  |  |  |
|  |                    | Non-Fat Powdered       |              |  |  |  |  |

# **Nutrient Analysis**

Breakfast FC Week 1: K-12

Menu Cycle Name: Rural Alaska Menu Project- Breakfast, Week 1

Site Group: All Grades Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Meal Type: Breakfast

| Fruit (cups)   | Day          | / 1         | Day 2                        |           | Day 3                  |          | Day          | 4             |         | Day 5           | Week      | ly Total                    | Weekly Re                    | quirement                 | Weekly (                     | Check    |  |  |
|--|--------------|-------------|------------------------------|-----------|------------------------|----------|--------------|---------------|---------|-----------------|-----------|-----------------------------|------------------------------|---------------------------|------------------------------|----------|--|--|
| Fruits (cups)  | 1            | .000 (Pass) | 1.12                         | 25 (Pass) | 1.000                  | 0 (Pass) | 1            | .000 (Pass)   |         | 1.000 (Pass)    |           | 5.125                       |                              | ≥ 5.000                   |                              | Pass     |  |  |
| Weekly Fruit Juice Li  | imit Require | ement       | Total V                      | eekly Fr  | uit                    |          | Total Weekly | y Fruit Juice |         | % of Total \    | Weekly Fr | uit that is Ju              | uice                         | Wee                       | kly Check                    |          |  |  |
|  | ≤ 50.00      | 0 % of      |                              |           | 5.125                  |          |              |               | 0.500   |                 |           | 9.7                         | 756%                         |                           |                              | Pass     |  |  |
| Vegetables (cups)  | Day          | / 1         | Day 2                        |           | Day 3                  |          | Day          | 4             | ı       | Day 5           | Week      | ly Total                    | Weekly Re                    | quirement                 | Weekly (                     | Check    |  |  |
| Vegetables (cups)  |              | 0.000       |                              | 0.000     |                        | 0.000    |              | 0.000         |         | 0.125           |           | 0.125                       |                              | ≥ 0.00                    |                              | Pass     |  |  |
| Dark Green   |              | 0.000       |                              | 0.000     |                        | 0.000    |              | 0.000         |         | 0.000           |           | 0.000                       |                              | ≥ 0.00                    |                              | Pass     |  |  |
| Red/Orange   |              | 0.000       |                              | 0.000     |                        | 0.000    |              | 0.000         |         | 0.000           |           | 0.000                       |                              | ≥ 0.00                    |                              | Pass     |  |  |
| Beans/Peas<br>(Legumes)  |              | 0.000       |                              | 0.000     |                        | 0.000    |              | 0.000         |         | 0.000           |           | 0.000                       |                              | ≥ 0.00                    |                              | Pass     |  |  |
| Starchy  |              | 0.000       |                              | 0.000     |                        | 0.000    |              | 0.000         |         | 0.000           |           | 0.000                       |                              | ≥ 0.00                    |                              | Pass     |  |  |
| Other  |              | 0.000       |                              | 0.000     |                        | 0.000    |              | 0.000         |         | 0.125           |           | 0.125                       |                              | ≥ 0.00                    |                              | Pass     |  |  |
| Additional Vege  | tables       |             | egetable Juic<br>Requirement | e Limit   | Total Wee              | kly Veg  | getables     | Total Wee     | kly Veg | etable Juice    | % of Tot  | al Weekly V<br>that is Juic |                              |                           |                              |          |  |  |
|  | 0.125        |             | •                            | ≥ 0.00 %  |                        |          | 0.125        |               |         | 0.000           |           |                             | 0.00%                        |                           |                              | Pass     |  |  |
| M/MA (oz eq.)  | Day          | / 1         | Day 2                        |           | Day 3                  |          | Day          | 4             |         | Day 5           | Week      | ly Total                    | Weekly Re                    | Veekly Requirement        |                              | Check    |  |  |
| Meat/Meat Alternates (oz eq.)  |              | 0.000       |                              | 0.000     |                        | 0.000    |              | 0.000         |         | 0.000           |           | 0.000                       |                              | ≥ 0.00                    |                              | Pass     |  |  |
| Grains (oz eq.)  | Day          | / 1         | Day 2                        |           | Day 3                  |          | Day          | 4             | ı       | Day 5           | Week      | ly Total                    | Weekly Re                    | ekly Requirement Weekly C |                              | Check    |  |  |
| Grains (oz eq.)  | 2            | .000 (Pass) | 1.00                         | 00 (Pass) | 2.500 (P               | ass) (a) | 1            | .500 (Pass)   | 3.      | .000 (Pass) (a) |           | 10.000 (a)                  | [9.00                        | 0 - 10.000]               |                              | Pass (a) |  |  |
| Actual Grains  |              | 2.000       |                              | 1.000     |                        | 1.500    |              | 1.500         |         | 1.000           |           |                             |                              |                           |                              |          |  |  |
| M/MA acting as<br>Grains   |              | 0.000       |                              | 0.000     |                        | 1.000    |              | 0.000         |         | 2.000           |           |                             |                              |                           |                              |          |  |  |
| Weekly Whole Grain   | n Rich       | Weekly Gra  | ins Total                    | Weekly    | Whole Grain R<br>Total | ich      | % of Whole   | Grain Rich    | WH      | nole Grain Rich | n Check   |                             | d Dessert To<br>Veekly Meals |                           | More Than 2o<br>ain Based De |          |  |  |
| ≥ 100.00   | 0 % of       |             | 7.000                        |           | 7                      | 7.000    |              | 100.000       | %       |                 | Pass      |                             | (                            | 0.000                     |                              | Pass     |  |  |
| Milk (cups)  | Day          | /1          | Day 2                        |           | Day 3                  |          | Day          | 4             | 1       | Day 5           | Week      | ly Total                    | Weekly Re                    | quirement                 | Weekly (                     | Check    |  |  |
| Fluid Milk (cups)  | 1            | .000 (Pass) | 1.00                         | 00 (Pass) | 1.000                  | 0 (Pass) | 1            | .000 (Pass)   |         | 1.000 (Pass)    |           | 5.000                       |                              | ≥ 5.000                   |                              | Pass     |  |  |
| Skim/fat-free,<br>unflavored; Skim/fat-<br>free, flavored; Low-<br>fat (1% or less),<br>unflavored |              | Pass        |                              | Pass      |                        | Pass     |              | Pass          |         | Pass            |           |                             |                              |                           |                              |          |  |  |
| Low-fat (1% or less),<br>flavored  |              |             |                              |           |                        |          |              |               |         |                 |           |                             |                              |                           |                              |          |  |  |
| Reduced fat (2% fat)<br>or whole, unflavored<br>and flavored                                       |              |             |                              |           |                        |          |              |               |         |                 |           |                             |                              |                           |                              |          |  |  |

<sup>(</sup>a Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met.)

Menu Cycle Name: Rural Alaska Menu Project- Breakfast Week 1

Site Group: All Grades Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Calculation Method: Weighted Analysis

Meal Type: Breakfast

| Nutrient  | Day 1             | Day 2             | Day 3              | Day 4             | Day 5             | Week Standard<br>Value   | Actual Value | % of Calories |
|-----------|-------------------|-------------------|--------------------|-------------------|-------------------|--------------------------|--------------|---------------|
| FE (Kcal) | 441.00            | 403.30            | 507.00             | 435.97            | 518.20            | [450.00 - 500.00]        | 461.09       |               |
| Fat (g)   | 9.51<br>(19.41%)  | 9.41<br>(21.00%)  | 5.45<br>(9.67%)    | 2.98<br>(6.14%)   | 8.14<br>(14.14%)  |                          | 7.10         | 13.85%        |
| Sfat (g)  | 4.75<br>(9.69%)   | 3.91<br>(8.72%)   | 1.77<br>(3.14%)    | 1.07<br>(2.20%)   | 3.51<br>(6.10%)   | < 10.00 % of<br>Calories | 3.00         | 5.86%         |
| Na (mg)   | 452.00            | 360.56            | 454.00             | 157.60            | 678.39            | < 540.00                 | 420.51       |               |
| Carb (g)  | 77.98<br>(70.73%) | 72.10<br>(71.51%) | 102.00<br>(80.47%) | 88.04<br>(80.77%) | 89.57<br>(69.14%) |                          | 85.94        | 74.55%        |
| Pro (g)   | 16.50<br>(14.97%) | 12.00<br>(11.90%) | 15.90<br>(12.54%)  | 14.37<br>(13.19%) | 21.85<br>(16.87%) |                          | 16.13        | 13.99%        |

#### Legend

(M) Indicates missing values.

Standard Value is the daily average requirement for a school week.

Breakfast FC Week 2: K-12

Menu Cycle Name: Rural Alaska Menu Project- Breakfast, Week 2

Site Group: All Grades Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Meal Type: Breakfast

| Fruit (cups)   | Day          | / <b>1</b>  | Day 2                          |          | Day 3                  |          | Day         | <i>,</i> 4    |         | Day 5           | Week      | ly Total       | Weekly Re                  | quirement                  | Weekly (                      | Check     |
|--|--------------|-------------|--------------------------------|----------|------------------------|----------|-------------|---------------|---------|-----------------|-----------|----------------|----------------------------|----------------------------|-------------------------------|-----------|
| Fruits (cups)  | 1            | .500 (Pass) | 1.000                          | (Pass)   | 1.00                   | 0 (Pass) | 1           | .000 (Pass)   |         | 1.000 (Pass)    |           | 5.500          |                            | ≥ 5.000                    |                               | Pass      |
| Weekly Fruit Juice Li  | imit Require | ement       | Total W                        | ekly Fr  | uit                    |          | Total Weekl | y Fruit Juice |         | % of Total \    | Weekly Fr | uit that is Ju | iice                       | Weel                       | kly Check                     |           |
|  | ≤ 50.00      | 0 % of      |                                |          | 5.500                  |          |             |               | 0.500   |                 |           | 9.0            | 091%                       |                            |                               | Pass      |
| Vegetables (cups)  | Day          | <b>, 1</b>  | Day 2                          |          | Day 3                  |          | Day         | / 4           | ı       | Day 5           | Week      | ly Total       | Weekly Re                  | quirement                  | Weekly (                      | Check     |
| Vegetables (cups)  |              | 0.000       |                                | 0.000    |                        | 0.125    |             | 0.000         |         | 0.000           |           | 0.125          |                            | ≥ 0.00                     |                               | Pass      |
| Dark Green   |              | 0.000       |                                | 0.000    |                        | 0.000    |             | 0.000         |         | 0.000           |           | 0.000          |                            | ≥ 0.00                     |                               | Pass      |
| Red/Orange   |              | 0.000       |                                | 0.000    |                        | 0.125    |             | 0.000         |         | 0.000           |           | 0.125          |                            | ≥ 0.00                     |                               | Pass      |
| Beans/Peas<br>(Legumes)  |              | 0.000       |                                | 0.000    |                        | 0.000    |             | 0.000         |         | 0.000           |           | 0.000          |                            | ≥ 0.00                     |                               | Pass      |
| Starchy  |              | 0.000       |                                | 0.000    |                        | 0.000    |             | 0.000         |         | 0.000           |           | 0.000          |                            | ≥ 0.00                     |                               | Pass      |
| Other  |              | 0.000       |                                | 0.000    |                        | 0.000    |             | 0.000         |         | 0.000           |           | 0.000          |                            | ≥ 0.00                     |                               | Pass      |
| Additional Vege  | tables       |             | /egetable Juice<br>Requirement | Limit    | Total Wee              | ekly Veg | jetables    | Total Wee     | kly Veg | etable Juice    | % of Tot  | al Weekly V    |                            | v                          | eekly Check                   |           |
|  | 0.125        |             |                                | 0.00 %   |                        |          | 0.125       |               |         | 0.000           |           |                | 0.00%                      | 0.00%                      |                               | Pass      |
| M/MA (oz eq.)  | Day          | <b>, 1</b>  | Day 2                          |          | Day 3                  |          | Day         | / 4           | ı       | Day 5           | Week      | ly Total       | Weekly Re                  | quirement                  | Weekly (                      | Check     |
| Meat/Meat Alternates (oz eq.)  |              | 0.000       |                                | 0.000    |                        | 0.000    |             | 0.000         |         | 0.000           |           | 0.000          |                            | ≥ 0.00                     |                               | Pass      |
| Grains (oz eq.)  | Day          | <i>,</i> 1  | Day 2                          |          | Day 3                  |          | Day         | / 4           | ı       | Day 5           | Week      | ly Total       | Weekly Re                  | ekly Requirement Weekly Ch |                               | Check     |
| Grains (oz eq.)  | 1            | .250 (Pass) | 3.000 (P                       | ass) (a) | 2.00                   | 0 (Pass) | 2           | .500 (Pass)   | 2.      | .500 (Pass) (a) |           | 11.250 (ab)    | [9.00                      | 00 - 10.000]               | Exce                          | eded (ab) |
| Actual Grains  |              | 1.250       |                                | 1.000    |                        | 2.000    |             | 2.500         |         | 2.000           |           |                |                            |                            |                               |           |
| M/MA acting as<br>Grains   |              | 0.000       |                                | 2.000    |                        | 0.000    |             | 0.000         |         | 0.500           |           |                |                            |                            |                               |           |
| Weekly Whole Grain   | Rich         | Weekly Gra  | ains Total                     | Weekly ' | Whole Grain R<br>Total | lich     | % of Whole  | e Grain Rich  | Wh      | nole Grain Rich | n Check   |                | d Dessert T<br>Veekly Meal |                            | lore Than 2o:<br>ain Based De |           |
| ≥ 100.00   | 0 % of       |             | 8.750                          |          | {                      | 8.750    |             | 100.000       | )%      |                 | Pass      |                |                            | 0.000                      |                               | Pass      |
| Milk (cups)  | Day          | / 1         | Day 2                          |          | Day 3                  |          | Day         | /4            |         | Day 5           | Week      | ly Total       | Weekly Re                  | quirement                  | Weekly (                      | Check     |
| Fluid Milk (cups)  | 1            | .000 (Pass) | 1.000                          | (Pass)   | 1.00                   | 0 (Pass) | 1           | .000 (Pass)   |         | 1.000 (Pass)    |           | 5.000          |                            | ≥ 5.000                    |                               | Pass      |
| Skim/fat-free,<br>unflavored; Skim/fat-<br>free, flavored; Low-<br>fat (1% or less),<br>unflavored |              | Pass        |                                | Pass     |                        | Pass     |             | Pass          |         | Pass            |           |                |                            |                            |                               |           |
| Low-fat (1% or less),<br>flavored  |              |             |                                |          |                        |          |             |               |         |                 |           |                |                            |                            |                               |           |
| Reduced fat (2% fat)<br>or whole, unflavored<br>and flavored                                       |              |             |                                |          |                        |          |             |               |         |                 |           |                |                            |                            |                               |           |

<sup>(</sup>a Schools may substitute 1 oz. M/MA for Grains after the minimum daily Grains requirement is met).

Menu Cycle Name: Rural Alaska Menu Project- Breakfast Week 2

Site Group: All Grades Serving Group: K-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Calculation Method: Weighted Analysis

Meal Type: Breakfast

| Nutrient  | Day 1             | Day 2             | Day 3             | Day 4             | Day 5              | Week Standard<br>Value   | Actual Value | % of Calories |
|-----------|-------------------|-------------------|-------------------|-------------------|--------------------|--------------------------|--------------|---------------|
| FE (Kcal) | 440.22            | 489.57            | 412.94            | 416.71            | 558.10             | [450.00 - 500.00]        | 463.51       |               |
| Fat (g)   | 3.22<br>(6.58%)   | 8.41<br>(15.45%)  | 9.77<br>(21.30%)  | 12.77<br>(27.59%) | 18.46<br>(29.78%)  |                          | 10.53        | 20.44%        |
| Sfat (g)  | 0.76<br>(1.55%)   | 3.77<br>(6.93%)   | 3.88<br>(8.45%)   | 7.42<br>(16.03%)  | 6.90<br>(11.12%)   | < 10.00 % of<br>Calories | 4.55         | 8.83%         |
| Na (mg)   | 368.50            | 475.52            | 461.89            | 478.82            | 611.04             | < 540.00                 | 479.15       |               |
| Carb (g)  | 95.25<br>(86.55%) | 82.47<br>(67.38%) | 73.09<br>(70.80%) | 89.01<br>(85.44%) | 110.15<br>(78.95%) |                          | 89.99        | 77.66%        |
| Pro (g)   | 11.88<br>(10.80%) | 22.79<br>(18.62%) | 12.29<br>(11.91%) | 18.57<br>(17.82%) | 16.86<br>(12.09%)  |                          | 16.48        | 14.22%        |

#### Legend

(M) Indicates missing values.

Standard Value is the daily average requirement for a school week.

Lunch FC Week 1: K-8

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 1  $\,$ 

Site Group: All Grades Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

| Fruit (cups)   | Day        | y 1          | Day 2                        |           | Day 3                  |           | Da         | y 4           | ı       | Day 5           | Week      | ly Total                     | Weekly Re                 | equiremen          | Weekly                   | Check |
|--|------------|--------------|------------------------------|-----------|------------------------|-----------|------------|---------------|---------|-----------------|-----------|------------------------------|---------------------------|--------------------|--------------------------|-------|
| Fruits (cups)  | C          | ).500 (Pass) | 0.5                          | 00 (Pass) | 0.50                   | 00 (Pass) | (          | 0.500 (Pass)  |         | 0.500 (Pass)    |           | 2.500                        |                           | ≥ 2.50             | 0                        | Pass  |
| Weekly Fruit Juice Li  | mit Requir | ement        | Total V                      | Veekly Fr | uit                    |           | Total Week | y Fruit Juice |         | % of Total      | Weekly Fr | uit that is Ju               | iice                      | We                 | ekly Check               |       |
|  | ≤ 50.00    | 00 % of      |                              |           | 2.500                  |           |            |               | 0.000   |                 |           | 0.0                          | 000%                      |                    |                          | Pass  |
| Vegetables (cups)  | Day        | y 1          | Day 2                        |           | Day 3                  |           | Da         | y 4           | 1       | Day 5           | Week      | ly Total                     | Weekly Re                 | equiremen          | Weekly                   | Check |
| Vegetables (cups)  | C          | ).875 (Pass) | 1.1                          | 25 (Pass) | 1.00                   | 00 (Pass) | (          | ).750 (Pass)  |         | 0.875 (Pass)    |           | 4.625                        |                           | ≥ 3.75             | 0                        | Pass  |
| Dark Green   |            | 0.000        |                              | 0.000     |                        | 0.000     |            | 0.750         |         | 0.000           |           | 0.750                        |                           | ≥ 0.50             | 0                        | Pass  |
| Red/Orange   |            | 0.000        |                              | 0.375     |                        | 0.250     |            | 0.000         |         | 0.375           |           | 1.000                        |                           | ≥ 0.75             | 0                        | Pass  |
| Beans/Peas<br>(Legumes)  |            | 0.000        |                              | 0.750     |                        | 0.000     |            | 0.000         |         | 0.000           |           | 0.750                        |                           | ≥ 0.50             | 0                        | Pass  |
| Starchy  |            | 0.750        |                              | 0.000     |                        | 0.000     |            | 0.000         |         | 0.000           |           | 0.750                        |                           | ≥ 0.50             | 0                        | Pass  |
| Other  |            | 0.125        |                              | 0.000     |                        | 0.750     |            | 0.000         |         | 0.500           |           | 1.375                        |                           | ≥ 0.50             | 0                        | Pass  |
| Additional Veget   | ables      |              | egetable Juic<br>Requirement | e Limit   | Total Wed              | ekly Veg  | jetables   | Total Wee     | kly Veg | etable Juice    | % of To   | tal Weekly V<br>that is Juic |                           |                    | Weekly Chec              | :k    |
|  | 1.875      | 5            | ≤ 50.                        | 000 % of  |                        |           | 4.625      |               |         | 0.000           |           |                              | 0.000%                    |                    | _                        | Pass  |
| M/MA (oz eq.)  | Day        | y 1          | Day 2                        |           | Day 3                  |           | Da         | y 4           | 1       | Day 5           | Week      | ly Total                     | Weekly Re                 | equirement         | Weekly                   | Check |
| Meat/Meat Alternates (oz eq.)  | 2          | 2.000 (Pass) | 2.0                          | 00 (Pass) | 1.25                   | 50 (Pass) | 2          | 2.000 (Pass)  |         | 2.000 (Pass)    |           | 9.250                        | [9.0                      | 00 - 10.000        | ]                        | Pass  |
| Grains (oz eq.)  | Day        | y 1          | Day 2                        |           | Day 3                  |           | Da         | y 4           | ı       | Day 5           | Week      | ly Total                     | Weekly Re                 | Weekly Requirement |                          | Check |
| Grains (oz eq.)  | 2          | 2.000 (Pass) | 2.0                          | 00 (Pass) | 1.25                   | 50 (Pass) | 2          | 2.000 (Pass)  |         | 1.000 (Pass)    |           | 8.250                        | [8.                       | [8.000 - 9.000]    |                          | Pass  |
| Weekly Whole Grain   | Rich       | Weekly Gra   | ins Total                    | Weekly    | Whole Grain F<br>Total | Rich      | % of Whol  | e Grain Rich  | Wi      | nole Grain Ricl | n Check   | Grain Base<br>for All V      | d Dessert T<br>Veekly Mea |                    | More Than 2 rain Based D |       |
| ≥ 100.000  | 0 % of     |              | 8.250                        |           |                        | 8.250     |            | 100.000       | %       |                 | Pass      |                              | -                         | 0.000              |                          | Pass  |
| Milk (cups)  | Day        | y 1          | Day 2                        |           | Day 3                  |           | Da         | y 4           | 1       | Day 5           | Week      | ly Total                     | Weekly Re                 | equiremen          | Weekly                   | Check |
| Fluid Milk (cups)  | 1          | 000 (Pass)   | 1.0                          | 00 (Pass) | 1.00                   | 00 (Pass) | :          | 000 (Pass)    |         | 1.000 (Pass)    |           | 5.000                        |                           | ≥ 5.00             | 0                        | Pass  |
| Skim/fat-free,<br>unflavored; Skim/fat-<br>free, flavored; Low-<br>fat (1% or less),<br>unflavored |            | Pass         |                              | Pass      |                        | Pass      |            | Pass          |         | Pass            |           |                              |                           |                    |                          |       |
| Low-fat (1% or less),<br>flavored  |            |              |                              |           |                        |           |            |               |         |                 |           |                              |                           |                    |                          |       |
| Reduced fat (2% fat)<br>or whole, unflavored<br>and flavored                                       |            |              |                              |           |                        |           |            |               |         |                 |           |                              |                           |                    |                          |       |

Lunch NS Week 1: K-8

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 2

Site Group: All Grades Serving Group: K-8 Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Calculation Method: Weighted Analysis

Meal Type: Lunch

| Nutrient  | Day 1             | Day 2              | Day 3              | Day 4             | Day 5             | Week Standard<br>Value   | Actual Value | % of Calories |
|-----------|-------------------|--------------------|--------------------|-------------------|-------------------|--------------------------|--------------|---------------|
| FE (Kcal) | 593.88            | 734.62             | 604.03             | 553.92            | 550.78            | [600.00 - 650.00]        | 607.45(M)    |               |
| Fat (g)   | 7.69<br>(11.66%)  | 15.47<br>(18.96%)  | 8.55<br>(12.74%)   | 16.58<br>(26.94%) | 12.36<br>(20.20%) |                          | 12.13(M)     | 17.97%        |
| Sfat (g)  | 2.35<br>(3.56%)   | 5.94<br>(7.28%)    | 2.47<br>(3.69%)    | 9.13<br>(14.83%)  | 5.76<br>(9.42%)   | < 10.00 % of<br>Calories | 5.13(M)      | 7.60%         |
| Na (mg)   | 253.76            | 956.82             | 612.42             | 609.81            | 1202.94           | < 1,230.00               | 727.15(M)    |               |
| Carb (g)  | 97.13<br>(65.42%) | 104.47<br>(56.88%) | 104.47<br>(69.18%) | 69.05<br>(49.86%) | 83.49<br>(60.64%) |                          | 91.72(M)     | 60.40%        |
| Pro (g)   | 35.74<br>(24.07%) | 46.77<br>(25.46%)  | 32.74<br>(21.68%)  | 33.70<br>(24.34%) | 27.91<br>(20.27%) |                          | 35.37(M)     | 23.29%        |

#### Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Lunch FC Week 1: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 1

Site Group: All Grades Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

| Fruit (cups)   | Day        | <b>/ 1</b>   | Day 2                         |           | Day 3                  |          | Day        | y 4           |         | Day 5           | Week      | dy Total                     | Weekly Re                  | quiremen    | t Weekly                     | Check |
|--|------------|--------------|-------------------------------|-----------|------------------------|----------|------------|---------------|---------|-----------------|-----------|------------------------------|----------------------------|-------------|------------------------------|-------|
| Fruits (cups)  | 1          | 000 (Pass)   | 1.00                          | 00 (Pass) | 1.00                   | 0 (Pass) | 1          | 000 (Pass)    |         | 1.000 (Pass)    |           | 5.000                        |                            | ≥ 5.00      | 0                            | Pass  |
| Weekly Fruit Juice Li  | mit Requir | ement        | Total V                       | Veekly Fr | uit                    |          | Total Week | y Fruit Juice |         | % of Total      | Weekly Fr | uit that is Ju               | iice                       | We          | ekly Check                   |       |
|  | ≤ 50.00    | 00 % of      |                               |           | 5.000                  |          | •          |               | 0.000   |                 |           | 0.0                          | 000%                       |             |                              | Pass  |
| Vegetables (cups)  | Day        | <b>/ 1</b>   | Day 2                         |           | Day 3                  |          | Day        | y 4           |         | Day 5           | Weel      | dy Total                     | Weekly Re                  | quiremen    | t Weekly                     | Check |
| Vegetables (cups)  | 1          | 125 (Pass)   | 1.37                          | 75 (Pass) | 1.00                   | 0 (Pass) | 1          | 000 (Pass)    |         | 1.250 (Pass)    |           | 5.750                        |                            | ≥ 5.00      | 0                            | Pass  |
| Dark Green   |            | 0.000        |                               | 0.000     |                        | 0.000    |            | 1.000         |         | 0.000           |           | 1.000                        |                            | ≥ 0.50      | 0                            | Pass  |
| Red/Orange   |            | 0.000        |                               | 0.375     |                        | 0.250    |            | 0.000         |         | 0.750           |           | 1.375                        |                            | ≥ 1.25      | 0                            | Pass  |
| Beans/Peas<br>(Legumes)  |            | 0.000        |                               | 1.000     |                        | 0.000    |            | 0.000         |         | 0.000           |           | 1.000                        |                            | ≥ 0.50      | 0                            | Pass  |
| Starchy  |            | 1.000        |                               | 0.000     |                        | 0.000    |            | 0.000         |         | 0.000           |           | 1.000                        |                            | ≥ 0.50      | 0                            | Pass  |
| Other  |            | 0.125        |                               | 0.000     |                        | 0.750    |            | 0.000         |         | 0.500           |           | 1.375                        |                            | ≥ 0.75      | 0                            | Pass  |
| Additional Veget   |            | 1            | /egetable Juic<br>Requirement |           | Total Wee              | ekly Veg |            |               | kly Veg | jetable Juice   | % of To   | tal Weekly V<br>that is Juic | e                          |             | Weekly Chec                  | k     |
|  | 2.250      |              | ≤ 50.                         | 000 % of  |                        |          | 5.750      | <u> </u>      |         | 0.000           |           |                              | 0.000%                     |             |                              | Pass  |
| M/MA (oz eq.)  | Day        | / 1          | Day 2                         |           | Day 3                  |          | Day        | y 4           |         | Day 5           | Weel      | dy Total                     | Weekly Re                  | quiremen    | t Weekly                     | Check |
| Meat/Meat Alternates (oz eq.)  | 2          | 2.000 (Pass) | 2.00                          | 00 (Pass) | 2.00                   | 0 (Pass) | 2          | 2.000 (Pass)  |         | 4.000 (Pass)    |           | 12.000                       | [10.0                      | 00 - 12.000 | )]                           | Pass  |
| Grains (oz eq.)  | Day        | <b>/ 1</b>   | Day 2                         |           | Day 3                  |          | Day        | y 4           |         | Day 5           | Weel      | dy Total                     | Weekly Re                  | quiremen    | t Weekly                     | Check |
| Grains (oz eq.)  | 2          | .000 (Pass)  | 2.00                          | 00 (Pass) | 2.00                   | 0 (Pass) | 3          | 3.000 (Pass)  |         | 2.000 (Pass)    |           | 11.000                       | [10.0                      | 00 - 12.000 | )]                           | Pass  |
| Weekly Whole Grain   | Rich       | Weekly Gra   | ins Total                     | Weekly    | Whole Grain R<br>Total | Rich     | % of Whole | e Grain Rich  | w       | hole Grain Ricl | n Check   | Grain Base<br>for All V      | d Dessert T<br>Veekly Meal |             | More Than 2<br>Grain Based D |       |
| ≥ 100.000  | ) % of     |              | 11.000                        |           | 1                      | 1.000    |            | 100.000       | %       |                 | Pass      |                              |                            | 0.000       |                              | Pass  |
| Milk (cups)  | Day        | / 1          | Day 2                         |           | Day 3                  |          | Day        | y 4           |         | Day 5           | Week      | dy Total                     | Weekly Re                  | quiremen    | t Weekly                     | Check |
| Fluid Milk (cups)  | 1          | 000 (Pass)   | 1.00                          | 00 (Pass) | 1.00                   | 0 (Pass) | 1          | 000 (Pass)    |         | 1.000 (Pass)    |           | 5.000                        |                            | ≥ 5.00      | 0                            | Pass  |
| Skim/fat-free,<br>unflavored; Skim/fat-<br>free, flavored; Low-<br>fat (1% or less),<br>unflavored |            | Pass         |                               | Pass      |                        | Pass     |            | Pass          |         | Pass            |           |                              |                            |             |                              |       |
| Low-fat (1% or less),<br>flavored  |            |              |                               |           |                        |          |            |               |         |                 |           |                              |                            |             |                              |       |
| Reduced fat (2% fat)<br>or whole, unflavored<br>and flavored                                       |            |              |                               |           |                        |          |            |               |         |                 |           |                              |                            |             |                              |       |

Lunch NS Week 1: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 1

Site Group: All Grades Serving Group: K-8 Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Calculation Method: Weighted Analysis

Meal Type: Lunch

| Nutrient  | Day 1              | Day 2              | Day 3             | Day 4             | Day 5             | Week Standard<br>Value   | Actual Value | % of Calories |
|-----------|--------------------|--------------------|-------------------|-------------------|-------------------|--------------------------|--------------|---------------|
| FE (Kcal) | 728.31             | 611.69             | 618.63            | 560.77            | 597.26            | [600.00 - 650.00]        | 623.33(M)    |               |
| Fat (g)   | 14.28<br>(17.65%)  | 8.38<br>(12.33%)   | 15.10<br>(21.96%) | 6.37<br>(10.22%)  | 13.60<br>(20.49%) |                          | 11.54(M)     | 16.67%        |
| Sfat (g)  | 2.63<br>(3.25%)    | 2.50<br>(3.68%)    | 6.29<br>(9.15%)   | 1.88<br>(3.01%)   | 5.32<br>(8.01%)   | < 10.00 % of<br>Calories | 3.72(M)      | 5.38%         |
| Na (mg)   | 786.04             | 1278.21            | 902.92            | 343.18            | 519.46            | < 1,230.00               | 765.96(M)    |               |
| Carb (g)  | 108.96<br>(59.84%) | 103.53<br>(67.70%) | 93.62<br>(60.53%) | 89.30<br>(63.70%) | 75.08<br>(50.28%) |                          | 94.10(M)     | 60.38%        |
| Pro (g)   | 40.40<br>(22.19%)  | 33.94<br>(22.19%)  | 26.94<br>(17.42%) | 39.87<br>(28.44%) | 38.98<br>(26.11%) |                          | 36.02(M)     | 23.12%        |

#### Legend

(M) Indicates missing values.

1 Standard Value is the daily average requirement for a school week.

Lunch FC Week 2: K-8

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 2

Site Group: All Grades Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

| Fruit (cups)   | Day        | y 1          | Day 2                         |           | Day 3                  |           | Da         | y 4            |         | Day 5           | Week      | dy Total                     | Weekly Rec                   | uirement    | Weekly C                      | heck |
|--|------------|--------------|-------------------------------|-----------|------------------------|-----------|------------|----------------|---------|-----------------|-----------|------------------------------|------------------------------|-------------|-------------------------------|------|
| Fruits (cups)  | C          | ).500 (Pass) | 0.50                          | 00 (Pass) | 0.50                   | 00 (Pass) | (          | ).500 (Pass)   |         | 0.500 (Pass)    |           | 2.500                        |                              | ≥ 2.500     |                               | Pass |
| Weekly Fruit Juice Li  | mit Requir | ement        | Total V                       | Veekly Fr | uit                    |           | Total Week | ly Fruit Juice |         | % of Total \    | Weekly Fr | uit that is Ju               | iice                         | Week        | dy Check                      |      |
|  | ≤ 50.00    | 00 % of      |                               |           | 2.500                  |           |            |                | 0.000   |                 |           | 0.0                          | 000%                         |             |                               | Pass |
| Vegetables (cups)  | Day        | <b>/ 1</b>   | Day 2                         |           | Day 3                  |           | Da         | y 4            |         | Day 5           | Week      | dy Total                     | Weekly Red                   | juirement   | Weekly C                      | neck |
| Vegetables (cups)  | С          | .750 (Pass)  | 0.75                          | 50 (Pass) | 0.75                   | 0 (Pass)  | (          | ).875 (Pass)   |         | 1.125 (Pass)    |           | 4.250                        |                              | ≥ 3.750     |                               | Pass |
| Dark Green   |            | 0.750        |                               | 0.000     |                        | 0.000     |            | 0.125          |         | 0.000           |           | 0.875                        |                              | ≥ 0.500     |                               | Pass |
| Red/Orange   |            | 0.000        |                               | 0.250     |                        | 0.000     |            | 0.750          |         | 0.375           |           | 1.375                        |                              | ≥ 0.750     |                               | Pass |
| Beans/Peas<br>(Legumes)  |            | 0.000        |                               | 0.500     |                        | 0.000     |            | 0.000          |         | 0.000           |           | 0.500                        |                              | ≥ 0.500     |                               | Pass |
| Starchy  |            | 0.000        |                               | 0.000     |                        | 0.750     |            | 0.000          |         | 0.000           |           | 0.750                        |                              | ≥ 0.500     |                               | Pass |
| Other  |            | 0.000        |                               | 0.000     |                        | 0.000     |            | 0.000          |         | 0.750           |           | 0.750                        |                              | ≥ 0.500     |                               | Pass |
| Additional Veget   | tables     |              | /egetable Juic<br>Requirement |           | Total Wee              | ekly Veg  |            |                | kly Veg | jetable Juice   | % of To   | tal Weekly V<br>that is Juic |                              | w           | eekly Check                   |      |
|  | 1.500      |              | ≤ 50.                         | 000 % of  |                        |           | 4.250      | <u> </u>       |         | 0.000           |           |                              | 0.000%                       |             |                               | Pass |
| M/MA (oz eq.)  | Day        | <b>/ 1</b>   | Day 2                         |           | Day 3                  |           | Da         | y 4            |         | Day 5           | Week      | dy Total                     | Weekly Red                   | uirement    | Weekly C                      | neck |
| Meat/Meat Alternates (oz eq.)  | 2          | 2.000 (Pass) | 2.00                          | 00 (Pass) | 1.50                   | 00 (Pass) | 2          | 2.250 (Pass)   |         | 2.000 (Pass)    |           | 9.750                        | [9.00                        | 0 - 10.000] |                               | Pass |
| Grains (oz eq.)  | Day        | <b>/ 1</b>   | Day 2                         |           | Day 3                  |           | Da         | y 4            |         | Day 5           | Week      | dy Total                     | Weekly Rec                   | uirement    | Weekly C                      | heck |
| Grains (oz eq.)  | 2          | 2.000 (Pass) | 2.00                          | 00 (Pass) | 1.00                   | 00 (Pass) | 1          | L.500 (Pass)   |         | 2.000 (Pass)    |           | 8.500                        | [8.0                         | 00 - 9.000] |                               | Pass |
| Weekly Whole Grain   | Rich       | Weekly Gra   | ins Total                     | Weekly    | Whole Grain R<br>Total | Rich      | % of Whole | e Grain Rich   | w       | nole Grain Rich | n Check   |                              | d Dessert To<br>Jeekly Meals |             | ore Than 2oz<br>ain Based Des |      |
| ≥ 100.000  | 0 % of     |              | 8.500                         |           |                        | 8.500     |            | 100.000        | %       |                 | Pass      |                              | 0                            | .000        |                               | Pass |
| Milk (cups)  | Day        | <b>/ 1</b>   | Day 2                         |           | Day 3                  |           | Da         | y 4            |         | Day 5           | Week      | dy Total                     | Weekly Red                   | uirement    | Weekly Cl                     | neck |
| Fluid Milk (cups)  | 1          | 000 (Pass)   | 1.00                          | 00 (Pass) | 1.00                   | 00 (Pass) | 1          | 1.000 (Pass)   |         | 1.000 (Pass)    |           | 5.000                        |                              | ≥ 5.000     |                               | Pass |
| Skim/fat-free,<br>unflavored; Skim/fat-<br>free, flavored; Low-<br>fat (1% or less),<br>unflavored |            | Pass         |                               | Pass      |                        | Pass      |            | Pass           |         | Pass            |           |                              |                              | ,           |                               |      |
| Low-fat (1% or less),<br>flavored  |            |              |                               |           |                        |           |            |                |         |                 |           |                              |                              |             |                               |      |
| Reduced fat (2% fat)<br>or whole, unflavored<br>and flavored                                       |            |              |                               |           |                        |           |            |                |         |                 |           |                              |                              |             |                               |      |

Lunch NS Week 2: K-8

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 2

Site Group: All Grades Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Calculation Method: Weighted Analysis

Meal Type: Lunch

| Nutrient  | Day 1             | Day 2              | Day 3              | Day 4             | Day 5             | Week Standard<br>Value   | Actual Value | % of Calories |
|-----------|-------------------|--------------------|--------------------|-------------------|-------------------|--------------------------|--------------|---------------|
| FE (Kcal) | 593.88            | 734.62             | 604.03             | 553.92            | 550.78            | [600.00 - 650.00]        | 607.45(M)    |               |
| Fat (g)   | 7.69<br>(11.66%)  | 15.47<br>(18.96%)  | 8.55<br>(12.74%)   | 16.58<br>(26.94%) | 12.36<br>(20.20%) |                          | 12.13(M)     | 17.97%        |
| Sfat (g)  | 2.35<br>(3.56%)   | 5.94<br>(7.28%)    | 2.47<br>(3.69%)    | 9.13<br>(14.83%)  | 5.76<br>(9.42%)   | < 10.00 % of<br>Calories | 5.13(M)      | 7.60%         |
| Na (mg)   | 253.76            | 956.82             | 612.42             | 609.81            | 1202.94           | < 1,230.00               | 727.15(M)    |               |
| Carb (g)  | 97.13<br>(65.42%) | 104.47<br>(56.88%) | 104.47<br>(69.18%) | 69.05<br>(49.86%) | 83.49<br>(60.64%) |                          | 91.72(M)     | 60.40%        |
| Pro (g)   | 35.74<br>(24.07%) | 46.77<br>(25.46%)  | 32.74<br>(21.68%)  | 33.70<br>(24.34%) | 27.91<br>(20.27%) |                          | 35.37(M)     | 23.29%        |

#### Legend

(M) Indicates missing values.

Standard Value is the daily average requirement for a school week.

Lunch FC Week 2: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 2

Site Group: All Grades Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

| Fruit (cups)   | Day         | 1          | Day 2                        |           | Day 3                  |          | Da         | y 4            |         | Day 5           | Week      | ly Total                | Weekly R                  | equirem    | ent   | Weekly Cl                    | neck |
|--|-------------|------------|------------------------------|-----------|------------------------|----------|------------|----------------|---------|-----------------|-----------|-------------------------|---------------------------|------------|-------|------------------------------|------|
| Fruits (cups)  | 1.          | 000 (Pass) | 1.00                         | 00 (Pass) | 1.00                   | 0 (Pass) |            | 1.000 (Pass)   |         | 1.000 (Pass)    |           | 5.000                   |                           | ≥ 5        | .000  |                              | Pass |
| Weekly Fruit Juice Lin   | mit Require | ment       | Total V                      | eekly Fr  | uit                    |          | Total Week | ly Fruit Juice |         | % of Total \    | Weekly Fr | uit that is Ju          | ice                       | '          | Weekl | y Check                      |      |
|  | ≤ 50.000    | ) % of     |                              |           | 5.000                  |          |            |                | 0.000   |                 |           | 0.0                     | 000%                      |            |       |                              | Pass |
| Vegetables (cups)  | Day         | 1          | Day 2                        |           | Day 3                  |          | Da         | y 4            |         | Day 5           | Week      | ly Total                | Weekly R                  | equirem    | ent   | Weekly Cl                    | neck |
| Vegetables (cups)  | 1.          | 000 (Pass) | 1.00                         | 00 (Pass) | 1.00                   | 0 (Pass) | 1          | 1.000 (Pass)   |         | 1.125 (Pass)    |           | 5.125                   |                           | ≥ 5        | .000  |                              | Pass |
| Dark Green   |             | 1.000      |                              | 0.000     |                        | 0.000    |            | 0.250          |         | 0.000           |           | 1.250                   |                           | ≥ 0        | .500  |                              | Pass |
| Red/Orange   |             | 0.000      |                              | 0.250     |                        | 0.000    |            | 0.750          |         | 0.375           |           | 1.375                   |                           | ≥ 1        | .250  |                              | Pass |
| Beans/Peas<br>(Legumes)  |             | 0.000      |                              | 0.750     |                        | 0.000    |            | 0.000          |         | 0.000           |           | 0.750                   |                           | ≥ 0        | .500  |                              | Pass |
| Starchy  |             | 0.000      |                              | 0.000     |                        | 1.000    |            | 0.000          |         | 0.000           |           | 1.000                   |                           | ≥ 0        | .500  |                              | Pass |
| Other  |             | 0.000      |                              | 0.000     |                        | 0.000    |            | 0.000          |         | 0.750           |           | 0.750                   |                           | ≥ 0        | .750  |                              | Pass |
| Additional Veget   | ables       |            | egetable Juic<br>Requirement | e Limit   | Total Wee              | kly Veg  | etables    | Total Wee      | kly Veg | etable Juice    | % of Tot  | al Weekly V             |                           |            | We    | eekly Check                  |      |
|  | 1.625       |            | ≤ 50.                        | 000 % of  |                        |          | 5.125      | 5              |         | 0.000           |           |                         | 0.000%                    | 6          |       |                              | Pass |
| M/MA (oz eq.)  | Day         | 1          | Day 2                        |           | Day 3                  |          | Da         | y 4            |         | Day 5           | Week      | ly Total                | Weekly R                  | equirem    | ent   | Weekly Cl                    | neck |
| Meat/Meat Alternates<br>(oz eq.)   | 3.          | 000 (Pass) | 2.00                         | 00 (Pass) | 2.00                   | 0 (Pass) | 3          | 3.000 (Pass)   |         | 2.000 (Pass)    |           | 12.000                  | [10.0                     | 000 - 12.0 | 000]  |                              | Pass |
| Grains (oz eq.)  | Day         | 1          | Day 2                        |           | Day 3                  |          | Da         | y 4            |         | Day 5           | Week      | ly Total                | Weekly R                  | equirem    | ent   | Weekly Cl                    | neck |
| Grains (oz eq.)  | 3.          | 000 (Pass) | 2.00                         | 00 (Pass) | 2.00                   | 0 (Pass) | 2          | 2.000 (Pass)   |         | 2.000 (Pass)    |           | 11.000                  | [10.0                     | 000 - 12.0 | 000]  |                              | Pass |
| Weekly Whole Grain   | Rich V      | Veekly Gra | ins Total                    | Weekly    | Whole Grain R<br>Total | ich      | % of Whol  | e Grain Rich   | w       | nole Grain Rich | h Check   | Grain Base<br>for All V | d Dessert 1<br>Veekly Mea |            |       | ore Than 2oz<br>in Based Des |      |
| ≥ 100.000  | ) % of      |            | 11.000                       |           | 1:                     | 1.000    |            | 100.000        | %       |                 | Pass      |                         |                           | 0.000      |       |                              | Pass |
| Milk (cups)  | Day         | 1          | Day 2                        |           | Day 3                  |          | Da         | y 4            |         | Day 5           | Week      | ly Total                | Weekly R                  | equirem    | ent   | Weekly Cl                    | neck |
| Fluid Milk (cups)  | 1.          | 000 (Pass) | 1.00                         | 00 (Pass) | 1.00                   | 0 (Pass) | 1          | 1.000 (Pass)   |         | 1.000 (Pass)    |           | 5.000                   |                           | ≥ 5        | .000  |                              | Pass |
| Skim/fat-free,<br>unflavored; Skim/fat-<br>free, flavored; Low-<br>fat (1% or less),<br>unflavored |             | Pass       |                              | Pass      |                        | Pass     |            | Pass           |         | Pass            |           |                         |                           |            |       |                              |      |
| Low-fat (1% or less),<br>flavored  |             |            |                              |           |                        |          |            |                |         |                 |           |                         |                           |            |       |                              |      |
| Reduced fat (2% fat)<br>or whole, unflavored<br>and flavored                                       |             |            |                              |           |                        |          |            |                |         |                 |           |                         |                           |            |       |                              |      |

Lunch NS Week 2: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 2

Site Group: All Grades Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Calculation Method: Weighted Analysis

Meal Type: Lunch

| Nutrient  | Day 1              | Day 2              | Day 3              | Day 4             | Day 5             | Week Standard<br>Value   | Actual Value | % of Calories |
|-----------|--------------------|--------------------|--------------------|-------------------|-------------------|--------------------------|--------------|---------------|
| FE (Kcal) | 866.82             | 891.91             | 874.37             | 728.95            | 601.78            | [750.00 - 850.00]        | 792.77(M)    |               |
| Fat (g)   | 10.89<br>(11.31%)  | 15.95<br>(16.09%)  | 11.66<br>(12.00%)  | 21.66<br>(26.74%) | 12.46<br>(18.63%) |                          | 14.52(M)     | 16.49%        |
| Sfat (g)  | 3.15<br>(3.27%)    | 6.03<br>(6.08%)    | 3.17<br>(3.26%)    | 11.91<br>(14.71%) | 5.77<br>(8.63%)   | < 10.00 % of<br>Calories | 6.01(M)      | 6.82%         |
| Na (mg)   | 302.64             | 1211.29            | 772.90             | 753.72            | 1204.94           | < 1,420.00               | 849.10(M)    |               |
| Carb (g)  | 145.46<br>(67.12%) | 138.80<br>(62.25%) | 157.63<br>(72.11%) | 94.87<br>(52.06%) | 97.49<br>(64.80%) |                          | 126.85(M)    | 64.00%        |
| Pro (g)   | 49.14<br>(22.68%)  | 52.96<br>(23.75%)  | 42.75<br>(19.56%)  | 41.96<br>(23.02%) | 28.11<br>(18.68%) |                          | 42.98(M)     | 21.69%        |

#### Legend

(M) Indicates missing values.

Standard Value is the daily average requirement for a school week.

Lunch FC Week 3: K-8

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 3

Site Group: All Grades Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

| Fruit (cups)   | Day         | / 1         | Day 2                        |           | Day 3                  |           | Da         | y 4            | I       | Day 5           | Week      | ly Total                     | Weekly Re                 | quirement   | Weekly                      | Check |
|--|-------------|-------------|------------------------------|-----------|------------------------|-----------|------------|----------------|---------|-----------------|-----------|------------------------------|---------------------------|-------------|-----------------------------|-------|
| Fruits (cups)  | 0           | .500 (Pass) | 0.50                         | 00 (Pass) | 0.50                   | 00 (Pass) | (          | 0.500 (Pass)   |         | 0.500 (Pass)    |           | 2.500                        |                           | ≥ 2.50      | 0                           | Pass  |
| Weekly Fruit Juice Li  | mit Require | ement       | Total V                      | Veekly Fr | uit                    |           | Total Week | ly Fruit Juice |         | % of Total \    | Weekly Fr | uit that is Ju               | iice                      | We          | ekly Check                  |       |
|  | ≤ 50.00     | 0 % of      |                              |           | 2.500                  |           |            |                | 0.000   |                 |           | 0.0                          | 000%                      |             |                             | Pass  |
| Vegetables (cups)  | Day         | <i>,</i> 1  | Day 2                        |           | Day 3                  |           | Da         | y 4            | 1       | Day 5           | Week      | ly Total                     | Weekly Re                 | quirement   | Weekly                      | Check |
| Vegetables (cups)  | 1           | .000 (Pass) | 0.75                         | 50 (Pass) | 1.12                   | 25 (Pass) | (          | 0.750 (Pass)   |         | 0.875 (Pass)    |           | 4.500                        |                           | ≥ 3.75      | 0                           | Pass  |
| Dark Green   |             | 0.000       |                              | 0.750     |                        | 0.000     |            | 0.000          |         | 0.000           |           | 0.750                        |                           | ≥ 0.50      | 0                           | Pass  |
| Red/Orange   |             | 0.000       |                              | 0.000     |                        | 0.375     |            | 0.750          |         | 0.375           |           | 1.500                        |                           | ≥ 0.75      | 0                           | Pass  |
| Beans/Peas<br>(Legumes)  |             | 0.000       |                              | 0.000     |                        | 0.750     |            | 0.000          |         | 0.000           |           | 0.750                        |                           | ≥ 0.50      | 0                           | Pass  |
| Starchy  |             | 0.500       |                              | 0.000     |                        | 0.000     |            | 0.000          |         | 0.000           |           | 0.500                        |                           | ≥ 0.50      | 0                           | Pass  |
| Other  |             | 0.500       |                              | 0.000     |                        | 0.000     |            | 0.000          |         | 0.500           |           | 1.000                        |                           | ≥ 0.50      | 0                           | Pass  |
| Additional Veget   | ables       |             | egetable Juic<br>Requirement | e Limit   | Total We               | ekly Veg  | jetables   | Total Wee      | kly Veg | etable Juice    | % of To   | tal Weekly V<br>that is Juic |                           |             | Weekly Chec                 | k     |
|  | 1.750       |             | ≤ 50.                        | 000 % of  |                        |           | 4.500      |                |         | 0.000           |           |                              | 0.000%                    |             |                             | Pas   |
| M/MA (oz eq.)  | Day         | / 1         | Day 2                        |           | Day 3                  |           | Da         | y 4            | I       | Day 5           | Week      | ly Total                     | Weekly Re                 | quirement   | Weekly                      | Check |
| Meat/Meat Alternates (oz eq.)  | 2           | .000 (Pass) | 2.00                         | 00 (Pass) | 2.00                   | 00 (Pass) | 2          | 2.000 (Pass)   |         | 2.000 (Pass)    |           | 10.000                       | [9.0                      | 00 - 10.000 | ]                           | Pass  |
| Grains (oz eq.)  | Day         | / <b>1</b>  | Day 2                        |           | Day 3                  |           | Da         | y 4            |         | Day 5           | Week      | ly Total                     | Weekly Re                 | quirement   | Weekly                      | Check |
| Grains (oz eq.)  | 2           | .000 (Pass) | 2.00                         | 00 (Pass) | 2.00                   | 00 (Pass) | 1          | 1.000 (Pass)   |         | 1.000 (Pass)    |           | 8.000                        | [8.                       | 000 - 9.000 | ]                           | Pass  |
| Weekly Whole Grain   | Rich        | Weekly Gra  | ins Total                    | Weekly    | Whole Grain F<br>Total | Rich      | % of Whol  | e Grain Rich   | Wi      | nole Grain Rich | n Check   | Grain Base<br>for All V      | d Dessert T<br>Veekly Mea |             | More Than 2<br>rain Based D |       |
| ≥ 100.000  | 0 % of      |             | 8.000                        |           |                        | 8.000     |            | 100.000        | %       |                 | Pass      |                              | ,                         | 0.000       |                             | Pas   |
| Milk (cups)  | Day         | / <b>1</b>  | Day 2                        |           | Day 3                  |           | Da         | y 4            | ı       | Day 5           | Week      | ly Total                     | Weekly Re                 | quirement   | Weekly                      | Check |
| Fluid Milk (cups)  | 1           | .000 (Pass) | 1.00                         | 00 (Pass) | 1.00                   | 00 (Pass) | :          | 1.000 (Pass)   |         | 1.000 (Pass)    |           | 5.000                        |                           | ≥ 5.00      | 0                           | Pass  |
| Skim/fat-free,<br>unflavored; Skim/fat-<br>free, flavored; Low-<br>fat (1% or less),<br>unflavored |             | Pass        |                              | Pass      |                        | Pass      |            | Pass           |         | Pass            |           |                              |                           |             |                             |       |
| Low-fat (1% or less), flavored   |             |             |                              |           |                        |           |            |                |         |                 |           |                              |                           |             |                             |       |
| Reduced fat (2% fat)<br>or whole, unflavored<br>and flavored                                       |             |             |                              |           |                        |           |            |                |         |                 |           |                              |                           |             |                             |       |

Lunch NS Week 3: K-8

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 3

Site Group: All Grades Serving Group: K-8 Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Calculation Method: Weighted Analysis

Meal Type: Lunch

| Nutrient  | Day 1              | Day 2             | Day 3              | Day 4             | Day 5             | Week Standard<br>Value   | Actual Value | % of Calories |
|-----------|--------------------|-------------------|--------------------|-------------------|-------------------|--------------------------|--------------|---------------|
| FE (Kcal) | 704.49             | 560.77            | 611.69             | 749.61            | 597.26            | [600.00 - 650.00]        | 644.76       |               |
| Fat (g)   | 19.31<br>(24.67%)  | 6.37<br>(10.22%)  | 8.38<br>(12.33%)   | 26.38<br>(31.67%) | 13.60<br>(20.49%) |                          | 14.81        | 20.67%        |
| Sfat (g)  | 6.78<br>(8.66%)    | 1.88<br>(3.01%)   | 2.50<br>(3.68%)    | 6.62<br>(7.95%)   | 5.32<br>(8.01%)   | < 10.00 % of<br>Calories | 4.62         | 6.45%         |
| Na (mg)   | 1327.73            | 343.18            | 1278.21            | 709.97            | 519.46            | < 1,230.00               | 835.71       |               |
| Carb (g)  | 119.56<br>(67.89%) | 89.30<br>(63.70%) | 103.53<br>(67.70%) | 74.73<br>(39.87%) | 75.08<br>(50.28%) |                          | 92.44        | 57.35%        |
| Pro (g)   | 38.49<br>(21.85%)  | 39.87<br>(28.44%) | 33.94<br>(22.19%)  | 57.63<br>(30.75%) | 38.98<br>(26.11%) |                          | 41.78        | 25.92%        |

#### Legend

(M) Indicates missing values.

<sup>1</sup> Standard Value is the daily average requirement for a school week.

Lunch FC Week 3: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 3

Site Group: All Grades Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

| Fruit (cups)   | Day        | / 1         | Day 2                        |           | Day 3                  |          | Da         | y 4           |         | Day 5           | Week      | ly Total                     | Weekly R                  | equireme   | ent    | Weekly C                | heck |
|--|------------|-------------|------------------------------|-----------|------------------------|----------|------------|---------------|---------|-----------------|-----------|------------------------------|---------------------------|------------|--------|-------------------------|------|
| Fruits (cups)  | 1          | .000 (Pass) | 1.00                         | 00 (Pass) | 1.00                   | 0 (Pass) | 1          | 000 (Pass)    |         | 1.000 (Pass)    |           | 5.000                        |                           | ≥ 5.0      | 000    |                         | Pass |
| Weekly Fruit Juice Li  | mit Requir | ement       | Total W                      | eekly Fr  | uit                    |          | Total Week | y Fruit Juice |         | % of Total \    | Weekly Fr | uit that is Ju               | iice                      | W          | leekly | Check                   |      |
|  | ≤ 50.00    | 00 % of     |                              |           | 5.000                  |          |            |               | 0.000   |                 |           | 0.0                          | 000%                      |            |        |                         | Pass |
| Vegetables (cups)  | Day        | / 1         | Day 2                        |           | Day 3                  |          | Da         | y 4           |         | Day 5           | Week      | ly Total                     | Weekly R                  | equireme   | ent    | Weekly C                | heck |
| Vegetables (cups)  | 1          | .000 (Pass) | 1.00                         | 00 (Pass) | 1.37                   | 5 (Pass) | 1          | 000 (Pass)    |         | 1.250 (Pass)    |           | 5.625                        |                           | ≥ 5.0      | 000    |                         | Pass |
| Dark Green   |            | 0.000       |                              | 1.000     |                        | 0.000    |            | 0.000         |         | 0.000           |           | 1.000                        |                           | ≥ 0.       | 500    |                         | Pass |
| Red/Orange   |            | 0.000       |                              | 0.000     |                        | 0.375    |            | 1.000         |         | 0.750           |           | 2.125                        |                           | ≥ 1        | 250    |                         | Pass |
| Beans/Peas<br>(Legumes)  |            | 0.000       |                              | 0.000     |                        | 1.000    |            | 0.000         |         | 0.000           |           | 1.000                        |                           | ≥ 0.       | 500    |                         | Pass |
| Starchy  |            | 0.500       |                              | 0.000     |                        | 0.000    |            | 0.000         |         | 0.000           |           | 0.500                        |                           | ≥ 0.       | 500    |                         | Pass |
| Other  |            | 0.500       |                              | 0.000     |                        | 0.000    |            | 0.000         |         | 0.500           |           | 1.000                        |                           | ≥ 0.       | 750    |                         | Pass |
| Additional Veget   | tables     |             | egetable Juic<br>Requirement | e Limit   | Total Wee              | kly Veg  | etables    | Total Wee     | kly Veg | etable Juice    | % of To   | tal Weekly V<br>that is Juic |                           |            | Wee    | ekly Check              |      |
|  | 2.125      | il          | ≤ 50.                        | 000 % of  |                        |          | 5.625      |               |         | 0.000           |           |                              | 0.000%                    | 6          |        |                         | Pass |
| M/MA (oz eq.)  | Day        | / 1         | Day 2                        |           | Day 3                  |          | Da         | y 4           |         | Day 5           | Week      | ly Total                     | Weekly R                  | equireme   | ent    | Weekly C                | heck |
| Meat/Meat Alternates (oz eq.)  | 2          | .000 (Pass) | 2.00                         | 00 (Pass) | 2.00                   | 0 (Pass) | 2          | 2.000 (Pass)  |         | 4.000 (Pass)    |           | 12.000                       | [10.0                     | 000 - 12.0 | 00]    |                         | Pass |
| Grains (oz eq.)  | Day        | / 1         | Day 2                        |           | Day 3                  |          | Da         | y 4           |         | Day 5           | Week      | ly Total                     | Weekly R                  | equireme   | ent    | Weekly C                | heck |
| Grains (oz eq.)  | 2          | .000 (Pass) | 3.00                         | 00 (Pass) | 2.00                   | 0 (Pass) | 2          | 2.000 (Pass)  |         | 2.000 (Pass)    |           | 11.000                       | [10.0                     | 000 - 12.0 | 00]    |                         | Pass |
| Weekly Whole Grain   | Rich       | Weekly Gra  | ins Total                    | Weekly    | Whole Grain R<br>Total | ich      | % of Whol  | e Grain Rich  | wı      | nole Grain Rich | n Check   | Grain Base<br>for All V      | d Dessert 1<br>Jeekly Mea |            |        | e Than 2oz<br>Based Des |      |
| ≥ 100.000  | 0 % of     |             | 11.000                       |           | 1                      | 1.000    |            | 100.000       | %       |                 | Pass      |                              |                           | 0.000      |        |                         | Pass |
| Milk (cups)  | Day        | / 1         | Day 2                        |           | Day 3                  |          | Da         | y 4           |         | Day 5           | Week      | ly Total                     | Weekly R                  | equireme   | ent    | Weekly C                | heck |
| Fluid Milk (cups)  | 1          | .000 (Pass) | 1.00                         | 00 (Pass) | 1.00                   | 0 (Pass) | 1          | 000 (Pass)    |         | 1.000 (Pass)    |           | 5.000                        |                           | ≥ 5.0      | 000    |                         | Pass |
| Skim/fat-free,<br>unflavored; Skim/fat-<br>free, flavored; Low-<br>fat (1% or less),<br>unflavored |            | Pass        |                              | Pass      |                        | Pass     |            | Pass          |         | Pass            |           |                              |                           |            | ·      |                         |      |
| Low-fat (1% or less),<br>flavored  |            |             |                              |           |                        |          |            |               |         |                 |           |                              |                           |            |        |                         |      |
| Reduced fat (2% fat)<br>or whole, unflavored<br>and flavored                                       |            |             |                              |           |                        |          |            |               |         |                 |           |                              |                           |            |        |                         |      |

Lunch NS Week 3: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 3

Site Group: All Grades Serving Group: 9-12 Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Calculation Method: Weighted Analysis

Meal Type: Lunch

| Nutrient  | Day 1              | Day 2              | Day 3              | Day 4              | Day 5              | Week Standard<br>Value   | Actual Value | % of Calories |
|-----------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------------|--------------|---------------|
| FE (Kcal) | 755.49             | 739.77             | 704.57             | 924.87             | 1010.37            | [750.00 - 850.00]        | 827.01       |               |
| Fat (g)   | 19.41<br>(23.12%)  | 7.42<br>(9.03%)    | 8.52<br>(10.88%)   | 32.01<br>(31.15%)  | 25.81<br>(22.99%)  |                          | 18.63        | 20.28%        |
| Sfat (g)  | 6.79<br>(8.09%)    | 2.06<br>(2.50%)    | 2.52<br>(3.22%)    | 7.47<br>(7.27%)    | 9.85<br>(8.78%)    | < 10.00 % of<br>Calories | 5.74         | 6.24%         |
| Na (mg)   | 1329.73            | 361.17             | 1375.37            | 965.70             | 862.07             | < 1,420.00               | 978.81       |               |
| Carb (g)  | 133.56<br>(70.72%) | 129.27<br>(69.90%) | 126.53<br>(71.84%) | 109.43<br>(47.33%) | 118.25<br>(46.82%) |                          | 123.41       | 59.69%        |
| Pro (g)   | 38.69<br>(20.48%)  | 44.20<br>(23.90%)  | 36.00<br>(20.44%)  | 61.61<br>(26.65%)  | 66.86<br>(26.47%)  |                          | 49.47        | 23.93%        |

#### Legend

(M) Indicates missing values.

<sup>1</sup> Standard Value is the daily average requirement for a school week.

Lunch FC Week 4: K-8

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 4

Site Group: All Grades Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

| Fruit (cups)   | Day        | y 1          | Day 2                          |          | Day 3                  |          | Day        | y 4            |         | Day 5           | Week      | dy Total                     | Weekly Rec                   | uirement    | Weekly Cl                     | neck |
|--|------------|--------------|--------------------------------|----------|------------------------|----------|------------|----------------|---------|-----------------|-----------|------------------------------|------------------------------|-------------|-------------------------------|------|
| Fruits (cups)  | (          | ).500 (Pass) | 0.50                           | 0 (Pass) | 0.50                   | 0 (Pass) | (          | ).500 (Pass)   |         | 0.500 (Pass)    |           | 2.500                        |                              | ≥ 2.500     |                               | Pass |
| Weekly Fruit Juice Li  | mit Requir | ement        | Total W                        | eekly Fr | uit                    |          | Total Week | ly Fruit Juice |         | % of Total \    | Weekly Fr | uit that is Ju               | iice                         | Week        | dy Check                      |      |
|  | ≤ 50.00    | 00 % of      |                                |          | 2.500                  |          |            |                | 0.000   |                 |           | 0.0                          | 000%                         |             |                               | Pass |
| Vegetables (cups)  | Day        | y 1          | Day 2                          |          | Day 3                  |          | Day        | y 4            |         | Day 5           | Week      | dy Total                     | Weekly Red                   | uirement    | Weekly Cl                     | neck |
| Vegetables (cups)  | C          | ).750 (Pass) | 0.87                           | 5 (Pass) | 0.75                   | 0 (Pass) | C          | ).750 (Pass)   |         | 1.125 (Pass)    |           | 4.250                        |                              | ≥ 3.750     |                               | Pass |
| Dark Green   |            | 0.000        |                                | 0.125    |                        | 0.750    |            | 0.000          |         | 0.000           |           | 0.875                        |                              | ≥ 0.500     |                               | Pass |
| Red/Orange   |            | 0.250        |                                | 0.750    |                        | 0.000    |            | 0.000          |         | 0.375           |           | 1.375                        |                              | ≥ 0.750     |                               | Pass |
| Beans/Peas<br>(Legumes)  |            | 0.500        |                                | 0.000    |                        | 0.000    |            | 0.000          |         | 0.000           |           | 0.500                        |                              | ≥ 0.500     |                               | Pass |
| Starchy  |            | 0.000        |                                | 0.000    |                        | 0.000    |            | 0.750          |         | 0.000           |           | 0.750                        |                              | ≥ 0.500     |                               | Pass |
| Other  |            | 0.000        |                                | 0.000    |                        | 0.000    |            | 0.000          |         | 0.750           |           | 0.750                        |                              | ≥ 0.500     |                               | Pass |
| Additional Veget   | tables     |              | /egetable Juice<br>Requirement |          | Total Wee              | ekly Veg |            |                | kly Veg | etable Juice    | % of To   | tal Weekly V<br>that is Juic |                              | w           | eekly Check                   |      |
|  | 1.500      |              | ≤ 50.0                         | 000 % of |                        |          | 4.250      | <u> </u>       |         | 0.000           |           |                              | 0.000%                       |             |                               | Pass |
| M/MA (oz eq.)  | Day        | y 1          | Day 2                          |          | Day 3                  |          | Day        | y 4            |         | Day 5           | Week      | dy Total                     | Weekly Red                   | uirement    | Weekly Cl                     | neck |
| Meat/Meat Alternates (oz eq.)  | 2          | 2.000 (Pass) | 2.25                           | 0 (Pass) | 2.00                   | 0 (Pass) | 1          | 1.500 (Pass)   |         | 2.000 (Pass)    |           | 9.750                        | [9.00                        | 0 - 10.000] |                               | Pass |
| Grains (oz eq.)  | Day        | y 1          | Day 2                          |          | Day 3                  |          | Day        | y 4            |         | Day 5           | Week      | dy Total                     | Weekly Rec                   | uirement    | Weekly Cl                     | heck |
| Grains (oz eq.)  | 2          | 2.000 (Pass) | 1.50                           | 0 (Pass) | 2.00                   | 0 (Pass) | 1          | L.000 (Pass)   |         | 2.000 (Pass)    |           | 8.500                        | [8.0                         | 00 - 9.000] |                               | Pass |
| Weekly Whole Grain   | Rich       | Weekly Gra   | ins Total                      | Weekly   | Whole Grain R<br>Total | Rich     | % of Whole | e Grain Rich   | w       | nole Grain Rich | n Check   |                              | d Dessert To<br>Jeekly Meals |             | ore Than 2oz<br>ain Based Des |      |
| ≥ 100.000  | 0 % of     |              | 8.500                          |          | 1                      | 8.500    |            | 100.000        | %       |                 | Pass      |                              | 0                            | .000        |                               | Pass |
| Milk (cups)  | Day        | y 1          | Day 2                          |          | Day 3                  |          | Day        | y 4            |         | Day 5           | Week      | dy Total                     | Weekly Red                   | uirement    | Weekly Cl                     | neck |
| Fluid Milk (cups)  | 1          | 1.000 (Pass) | 1.00                           | 0 (Pass) | 1.00                   | 0 (Pass) | 1          | 1.000 (Pass)   |         | 1.000 (Pass)    |           | 5.000                        |                              | ≥ 5.000     |                               | Pass |
| Skim/fat-free,<br>unflavored; Skim/fat-<br>free, flavored; Low-<br>fat (1% or less),<br>unflavored |            | Pass         |                                | Pass     |                        | Pass     |            | Pass           |         | Pass            |           |                              |                              | ·           |                               |      |
| Low-fat (1% or less),<br>flavored  |            |              |                                |          |                        |          |            |                |         |                 |           |                              |                              |             |                               |      |
| Reduced fat (2% fat)<br>or whole, unflavored<br>and flavored                                       |            |              |                                |          |                        |          |            |                |         |                 |           |                              |                              |             |                               |      |

Lunch NS Week 4: K-8

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 4

Site Group: All Grades Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Calculation Method: Weighted Analysis

Meal Type: Lunch

| Nutrient  | Day 1              | Day 2             | Day 3             | Day 4              | Day 5             | Week Standard<br>Value   | Actual Value | % of Calories |
|-----------|--------------------|-------------------|-------------------|--------------------|-------------------|--------------------------|--------------|---------------|
| FE (Kcal) | 734.62             | 553.92            | 767.23            | 604.03             | 550.78            | [600.00 - 650.00]        | 642.12(M)    |               |
| Fat (g)   | 15.47<br>(18.96%)  | 16.58<br>(26.94%) | 25.37<br>(29.77%) | 8.55<br>(12.74%)   | 12.36<br>(20.20%) |                          | 15.67(M)     | 21.96%        |
| Sfat (g)  | 5.94<br>(7.28%)    | 9.13<br>(14.83%)  | 7.23<br>(8.48%)   | 2.47<br>(3.69%)    | 5.76<br>(9.42%)   | < 10.00 % of<br>Calories | 6.11(M)      | 8.56%         |
| Na (mg)   | 956.82             | 609.81            | 595.03            | 612.42             | 1202.94           | < 1,230.00               | 795.40(M)    |               |
| Carb (g)  | 104.47<br>(56.88%) | 69.05<br>(49.86%) | 89.13<br>(46.47%) | 104.47<br>(69.18%) | 83.49<br>(60.64%) |                          | 90.12(M)     | 56.14%        |
| Pro (g)   | 46.77<br>(25.46%)  | 33.70<br>(24.34%) | 68.72<br>(35.83%) | 32.74<br>(21.68%)  | 27.91<br>(20.27%) |                          | 41.97(M)     | 26.14%        |

#### Legend

(M) Indicates missing values.

Standard Value is the daily average requirement for a school week.

Lunch FC Week 4: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch, Week 4

Site Group: All Grades Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014-2017

| Fruit (cups)   | Day 1 Day 2  |                    |                  | Day 3                           |                           | Day 4              |                          | Day 5            |                  | Weekly Total |                                      | Weekly Requirement |                        | Weekly Check       |  |              |  |
|--|--------------|--------------------|------------------|---------------------------------|---------------------------|--------------------|--------------------------|------------------|------------------|--------------|--------------------------------------|--------------------|------------------------|--------------------|--|--------------|--|
| Fruits (cups)  | 1.000 (Pass) |                    | 1.000 (Pass)     |                                 | 1.000 (Pass)              |                    | 1.000 (Pass)             |                  |                  | 1.000 (Pass) |                                      | 5.000              |                        | ≥ 5.000            |  | Pass         |  |
| Weekly Fruit Juice Limit Requirement   |              |                    | Total Weekly Fru |                                 | uit 7                     |                    | Total Weekly Fruit Juice |                  |                  | % of Total \ | Weekly Fruit that is Ju              |                    | ice Week               |                    | kly Check                                | ly Check     |  |
|  | ≤ 50.00      | 00 % of            |                  |                                 | 5.000                     |                    |                          |                  | 0.000            |              |                                      | 0.0                | 000%                   |                    |  | Pass         |  |
| Vegetables (cups)  | ups) Day 1   |                    | Day 2            |                                 | Day 3                     |                    | Day 4                    |                  | ı                | Day 5        |                                      | Weekly Total       |                        | Weekly Requirement |  | Weekly Check |  |
| Vegetables (cups)  | 1.000 (Pass) |                    | 1.000 (Pass)     |                                 | 1.00                      | 1.000 (Pass)       |                          | 1.000 (Pass)     |                  | 1.125 (Pass) |                                      | 5.125              |                        | 5 ≥ 5.000          |  | Pass         |  |
| Dark Green   | 0.000        |                    |                  | 0.250                           |                           | 1.000              |                          | 0.000            | 0.000            |              | 1.250                                |                    | ≥ 0.500                |                    | Pass                                     |              |  |
| Red/Orange   | 0.250        |                    | 0.750            |                                 |                           | 0.000              |                          | 0.000            |                  | 0.375        |                                      | 1.375              |                        | 5 ≥ 1.250          |  | Pass         |  |
| Beans/Peas<br>(Legumes)  | 0.750        |                    | 0.000            |                                 |                           | 0.000              |                          | 0.000            |                  | 0.000        |                                      | 0.750              |                        | ≥ 0.500            |  | Pass         |  |
| Starchy  |              | 0.000              | 0.000            |                                 |                           | 0.000              |                          | 1.000            |                  | 0.000        |                                      | 1.000              |                        | ≥ 0.500            |  | Pass         |  |
| Other  |              | 0.000              | 0.000            |                                 | 0.000                     |                    | 0.000                    |                  |                  | 0.750        |                                      | 0.750              |                        | ) ≥ 0.750          |  | Pass         |  |
| Additional Veget   | tables       |                    |                  | etable Juice Limit<br>Juirement |                           | Total Weekly Veget |                          | s Total Weekly V |                  | etable Juice | % of Total Weekly V<br>that is Juice |                    |                        |                    | eekly Check                              |              |  |
|  | 1.62         | 5                  | ≤ 50.000 % of    |                                 |                           |                    | 5.125                    |                  |                  | 0.000        |                                      |                    |                        | 0.000%             |  | Pass         |  |
| M/MA (oz eq.)  | Da           | Day 1              |                  | Day 2                           |                           | Day 3              |                          | y 4              |                  | Day 5        | Weekly Total                         |                    | Weekly Requirement     |                    | Weekly Check                             |              |  |
| Meat/Meat Alternates (oz eq.)  | 2.000 (Pass) |                    | 3.000 (Pass)     |                                 | 2.000 (Pass)              |                    | 2.000 (Pass)             |                  |                  | 2.000 (Pass) |                                      | 11.000             |                        | [10.000 - 12.000]  |  | Pass         |  |
| Grains (oz eq.)  | Day 1        |                    | Day 2            |                                 | Day 3                     |                    | Day 4                    |                  | ı                | Day 5        |                                      | Weekly Total       |                        | Weekly Requirement |  | Weekly Check |  |
| Grains (oz eq.)  | -            | 2.000 (Pass)       | 2.00             | 00 (Pass)                       | 2.00                      | 00 (Pass)          | 2                        | 2.000 (Pass)     |                  | 2.000 (Pass) |                                      | 10.000             | 10.000 [10.000 - 12.00 |                    | Pass                                     |              |  |
| Weekly Whole Grain   | Rich         | Weekly Gra         | ins Total Weekly |                                 | Whole Grain Rich<br>Total |                    | % of Whole Grain Rich    |                  | Whole Grain Rich |              |                                      |                    |                        |                    | More Than 2oz eq. of rain Based Desserts |              |  |
| ≥ 100.000  | 0 % of       |                    | 10.000           |                                 | 1                         | 0.000              |                          | 100.000          | %                |              | Pass                                 |                    |                        | 0.000              |  | Pass         |  |
| Milk (cups)  | Da           | y 1                | Day 2            |                                 | Day 3                     |                    | Da                       | y 4              | ı                | Day 5        | Week                                 | ly Total           | Weekly Requirement     |                    | Weekly C                                 | heck         |  |
| Fluid Milk (cups)  | :            | 1.000 (Pass) 1.000 |                  | 00 (Pass)                       | 1.000 (Pass)              |                    | 1                        | 1.000 (Pass)     |                  | 1.000 (Pass) | 5.000                                |                    | ≥ 5.000                |                    |  | Pass         |  |
| Skim/fat-free,<br>unflavored; Skim/fat-<br>free, flavored; Low-<br>fat (1% or less),<br>unflavored |              |                    | Pass             |                                 | Pass                      |                    |                          | Pass             |                  | Pass         |                                      |                    |                        |                    |  |              |  |
| Low-fat (1% or less),<br>flavored  |              |                    |                  |                                 |                           |                    |                          |                  |                  |              |                                      |                    |                        |                    |  |              |  |
| Reduced fat (2% fat)<br>or whole, unflavored<br>and flavored                                       |              |                    |                  |                                 |                           |                    |                          |                  |                  |              |                                      |                    |                        |                    |  |              |  |

Lunch NS Week 4: 9-12

Menu Cycle Name: Rural Alaska Menu Project- Lunch Week 4

Site Group: All Grades Serving Group: 9-12 Meal Pattern: [USDA]Meal Pattern SY 2014-2017

Calculation Method: Weighted Analysis

Meal Type: Lunch

| Nutrient  | Day 1              | Day 2             | Day 3              | Day 4              | Day 5             | Week Standard<br>Value   | Actual Value | % of Calories |
|-----------|--------------------|-------------------|--------------------|--------------------|-------------------|--------------------------|--------------|---------------|
| FE (Kcal) | 891.91             | 728.95            | 870.23             | 874.37             | 601.78            | [750.00 - 850.00]        | 793.45(M)    |               |
| Fat (g)   | 15.95<br>(16.09%)  | 21.66<br>(26.74%) | 25.42<br>(26.29%)  | 11.66<br>(12.00%)  | 12.46<br>(18.63%) |                          | 17.43(M)     | 19.77%        |
| Sfat (g)  | 6.03<br>(6.08%)    | 11.91<br>(14.71%) | 7.23<br>(7.47%)    | 3.17<br>(3.26%)    | 5.77<br>(8.63%)   | < 10.00 % of<br>Calories | 6.82(M)      | 7.74%         |
| Na (mg)   | 1211.29            | 753.72            | 606.03             | 772.90             | 1204.94           | < 1,420.00               | 909.78(M)    |               |
| Carb (g)  | 138.80<br>(62.25%) | 94.87<br>(52.06%) | 113.59<br>(52.21%) | 157.63<br>(72.11%) | 97.49<br>(64.80%) |                          | 120.48(M)    | 60.74%        |
| Pro (g)   | 52.96<br>(23.75%)  | 41.96<br>(23.02%) | 71.14<br>(32.70%)  | 42.75<br>(19.56%)  | 28.11<br>(18.68%) |                          | 47.38(M)     | 23.89%        |

#### Legend

(M) Indicates missing values.

<sup>1</sup> Standard Value is the daily average requirement for a school week.

## Appendix: Alternative Menu Item Ideas

## **Breakfast**

#### **Yogurt Parfait with blueberries and granola**

- Meal Components: 1 ME/MA, 1.25 WGR, ½ Fruit, 299 kcal, 1.40 g sat fat, 151 mg NA
- Substitute For: Blueberry Oat Muffins

#### **Breakfast Brown Rice**

- Meal Components: 1 WGR, 140 kcal, 0.5 g sat fat, 23 mg NA
- Substitute dor: Oatmeal

#### Whole Grain Breakfast Wrap with Cheese: Processed Food Product

- Meal Components: 2 ME/MA, 1 WGR, 180 kcal, 4 g sat fat, 400 mg NA
- · Substitute dor: Breakfast Burrito or Breakfast Pita

## Lunch

#### **BBQ Rib Patty Sandwich: Processed Food Product**

- Meal Components: 2 ME/MA, 130 kcal, 3 g sat fat, 380 mg NA
- · Substitute dor: Tuna Fish Sandwich

#### **Breaded Pollock: Processed Food Product**

- Meal Components: 1.5 ME/MA, 1 WGR, 170 kcal, 0.5 g sat fat, 180 mg NA
- Substitute for: Baked Halibut

## **Chicken Tangerine: Processed Food Product**

- Meal Components: 2 ME/MA, 0.5 WGR, 190 kcal, 1 g sat fat, 380 mg NA
- Substitute for: Sweet and Sassy Chicken

## **Baja Fish Sticks: Processed Food Product**

- Meal Components: 2 ME/MA, 1 WGR, 230 kcal, 1.5 g sat fat, 470 mg NA
- Substitute for: Sweet and Sour Fish Sticks

#### **Mac & Cheese: Processed Food Product**

- Meal Components: 2 ME/MA, 1 WGR, 300 kcal, 8 g sat fat, 758 mg NA
- Substitute fFor: Mac n' Cheese with Broccoli

## **Popcorn Chicken Smackers: Processed Food Product**

- Meal Components: 2 ME/MA, 1 WGR, 293 kcal, 3 g sat fat, 599 Na
- Substitute for: Barbequed Chicken

# Appendix: Recipes

#### **Breakfast**

- 1. Blueberry Oat Muffins: On Wisconsin! Breakfast Recipes
- 2. Breakfast Brown Rice: Think Rice
- 3. Breakfast Burrito: Make It Local Cookbook
- 4. Breakfast Pita: Healthier Kansas
- 5. Carrot Muffins: Make It Local Cookbook
- 6. Oatmeal: Project Bread
- 7. Pancakes: What's Cooking USDA
- 8. Whole Grain Baking Powder Biscuit: What's Cooking USDA
- 9. Yogurt Parfait with blueberries and granola: On Wisconsin! Breakfast Recipes

## Lunch

- 1. Baked Beans: Institute of Child Nutrition
- 2. Baked Halibut: Make It Local Cookbook
- 3. Barbecued Chicken: What's Cooking USDA
- Beef Stroganoff with Brown Rice or Noodles: Make It Local Cookbook
- 5. Biscuit (See Whole Grain Baking Powder Biscuit in Breakfast)
- Brown Rice: What's Cooking USDA
- 7. Crushed Hot Potatoes: Make It Local Cookbook
- 8. Mac n' Cheese with Broccoli: Make It Local Cookbook
- 9. Meatloaf: Make It Local Cookbook
- 10. Pizza Green Beans: What's Cooking USDA
- 11. Oven Fried Chicken: What's Cooking USDA
- 12. Rocking Red Beans: What's Cooking USDA
- 13. Canned Salsa: On Primero
- 14. Sloppy Joes on a Whole Grain Bun: Institute of Child Nutrition \*must serve with whole grain bun, not enriched
- 15. Spaghetti and Meat Sauce: What's Cooking USDA
- 16. Spanish Brown Rice: Think Rice
- 17. Sweet and Sassy Chicken: What's Cooking USDA
- 18. Sweet and Sour Fish Sticks: Make It Local Cookbook
- 19. Tuna Fish Sandwich: What's Cooking USDA

## **Resources**

Institute of Child Nutrition: http://www.nfsmi.org/documentlibraryfiles/PDF/20080215091404.pdf

Make It Local Alaska Cookbook: https://education.alaska.gov/TLS/CNP/cookbook/Make\_It\_Local\_2ndPrinting.pdf

**On Wisconsin!:** http://dpi.wi.gov/school-nutrition/national-school-lunch-program/menu-planning/cycle-menu/on-wisconsin-cycle-menu-resources#rec

Project Bread: http://www.projectbread.org/

Scoop Sizes: http://www.chefs-resources.com/culinary-conversions-calculators-and-capacities/scoop-disher-sizes/

Smart Food Planner: https://foodplanner.healthiergeneration.org/

Think Rice: http://www.thinkrice.com/in-foodservice/for-schools/k-12-recipe-ideas/

What's Cooking USDA: http://www.whatscooking.fns.usda.gov/









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- 2. fax: (202) 690-7442; or
- 3. email: program.intake@usda.gov

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